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Draws Concerns, Support - Page 3

North Quincy Downs Quincy
In Girls' Volleyball - Page 27



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The Quincy Sun

Quincy's Hometown Weekly Newspaper Since 1968

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MAYORAL CANDIDATES: Issues & Vision

The Quincy Sun recently interviewed the two candidates running for mayor in the City of Quincy. Incumbent Thomas Koch and challenger Anne Mahoney each answered the same series of questions posed by the Sun in separate interviews. Here is what the two candidates had to say about issues such municipal budgets, Quincy College, traffic and affordable housing as well as their priorities and vision for the city if elected Tuesday, Nov. 7.

★ The Incumbent: Thomas Koch ★

THOMAS KOCH

Age: 60
Address: 249 Newbury Ave.

Occupation: Mayor
(2008 to present)

Education: North Quincy High School (1981); attended Quincy College.

Municipal Experience: Executive Director, Parks, Forestry and Cemeteries, 1995 to 2007; Chief of Staff to Mayor James Sheets, 1990 to 1995; Director, Council on Aging, 1988 to 1990.

Finish this sentence:
The reason I am running for reelection is...

I want to continue the progress we've made in so many aspects of government - a major one being infrastructure, continue to do the work on the roads, continue the work on the schools. We're in the process now of building a new Squantum Elementary School. We want to continue the seawalls. We're in the design phase of Manet Avenue to protect that portion of Houghs Neck. Begin the planning of a new school in West Quincy at the old St. Mary's site. Finish the public safety headquarters. And, complete the downtown.

The most important issue or issues that I will address if reelected is (are):



THOMAS KOCH

(Profile Photo Selected and Submitted by Koch Committee)

The interesting part of being the mayor is you go into the office and you think you're going to drive the day, and there's many days where the day drives you. So, what I think is a major issue may not be a major issue to Mrs. Jones who comes and visits the office that's having a major issue with something. So, I remind my department heads and folks all the time that when somebody comes to City Hall, that may be their only interaction with local government. We need to treat them well and we need to get them a prompt response and help where we can.

You know it was interesting, the day we dedicated the Hancock-Adams Common. It was after the crowds had dissipated and I was just walking around taking it in and a woman stopped me. She said to me, 'you don't know what it meant to us getting my mother into senior housing.' That was unbelievable, here I am

cal government. We need to treat them well and we need to get them a prompt response and help where we can.

I really do think at this point Quincy has grown tremendously with a lot of the development that we've had and a lot of changes. Some of them have been fantastic, but what we really need is to get back to working for the people of the city of Quincy and start really being responsible to the work that

Cont'd On Page 6

★ The Challenger: Anne Mahoney ★

ANNE MAHONEY

Age: 58
Address: 12 Ferriter St.
Occupation: Strategic Marketer

Education: BA in Finance, Suffolk University (1987); Quincy High School (1983).

Municipal Experience: Councillor at-Large, 2018 to present; School Committee, 2006 to 2017.

Finish this sentence:
The reason I am running for mayor is...

The reason why I am running for mayor is I believe that it is time for a change in the corner office, and the reason why I think that is we've had some really great things that have happened. It's not really about the current mayor. It's about the last 18 years in government. We've seen some really great things that have happened in Quincy and we've seen some things that are questionable.

We really need to be able to develop out our city so that we're doing it in all the right places and not impacting our neighborhoods, and listening to the people so that we're actually building the community they want to see, and we can do that together with this new leadership, and inclusivity.



ANNE MAHONEY

(Profile Photo Selected and Submitted by Mahoney Committee)

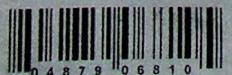
We really need to be able to develop out our city so that we're doing it in all the right places and not impacting our neighborhoods, and listening to the people so that we're actually building the community they want to see, and we can do that together with this new leadership, and inclusivity.

The final piece is inclusivity. To really, really be able to manage the city is being able to recognize the people who live in it, respect them and work together that

Cont'd On Page 7

Candidate Profiles In Other Contested Races To Appear In Upcoming Issue

The Quincy Sun also invited candidates in the other contested races (School Committee and City Council Wards 2, 4 and 6) to submit profiles for publication. Candidates profiles will appear in an upcoming issue of The Quincy Sun.



Permanent Universal Free School Meals - Page 19
Quincy Football Defeats Concord-Carlisle - Page 23
North Quincy Football Bows To Braintree - Page 24

More Quincy news:
The Quincy Sun.com

FINANCIAL FOCUS: What Does It Cost Not To Have Life Insurance?

It's probably not on your calendar, but September is Life Insurance Awareness Month. And that means it's a good time to become more aware of the benefits of having life insurance — and the dangers of not having it.

Unfortunately, confusion about some of the basic elements of owning life insurance may be keeping people from getting the protection they need. More than half of uninsured Americans say they have put off purchasing coverage because they don't know what to buy or how much they need, according to Life Happens and LIMRA, two nonprofit organizations that provide research and education about life insurance.

Yet, while this confusion may be understandable, a delay in acquiring appropriate insurance can be costly in more ways than one. From a strict dollars-and-cents perspective, it's generally much more affordable



MARIE O'RIORDAN KELLY

to buy life insurance when you're younger. But there are potentially much greater costs involved in not having insurance when it's needed — and these costs are personal.

To be specific, what is it worth ...

... to know your family could stay in your home if something happened to you?

... to know your children could continue their educa-

tion plans?

... to know your debts could be paid without burdening your family?

Clearly, if you were to assign these benefits a "price tag," it would be pretty high.

And that's the value of owning sufficient life insurance.

So, let's return to the issue of people putting off buying insurance because they don't know how much they need, or what type they should have:

• How much is enough?

You might hear that you need life insurance equal to about seven to 10 times your pretax annual salary. That's not a bad "ballpark" figure, but not everyone is playing in the same ballpark. To get a true sense of how much of a death benefit you require from your life insurance, you'll need to consider a variety of factors, possibly including your current income, spouse's income, the size of your mortgage (in

addition to other liabilities), number of children, educational expenses and final expenses for funeral arrangements.

• **What type?** You can essentially choose between two basic types of life insurance: term and permanent. As its name suggests, term insurance is designed to provide coverage for a designated period, such as 10 or 20 years. Generally speaking, term insurance is quite affordable for most people, especially when they buy policies as young adults. On the other hand, permanent insurance, such as whole life or universal life, is usually considerably more expensive than term insurance. This is because permanent insurance premiums, in addition to providing a death benefit, help build cash value, which you can typically access through loans or withdrawals, giving you additional flexibility should your financial

needs change over time. In choosing between term and permanent insurance, you'll want to evaluate several issues, such as how long you think you'll need coverage and how much you can afford to pay in premiums.

Finding out about the benefits, costs and types of life insurance can help you make informed choices to help protect your family for years to come — so don't delay learning what you need to know.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Submitted by Marie O'Riordan Kelly, AAMS

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Quincy Democratic City Committee

To Host Candidates Night

Thursday, Sept. 28th – 7 To 9 P.M.

Central Middle School Auditorium

The Quincy Democratic City Committee will host a City-Wide Candidates Night on Thursday, Sept. 28th in the Central Middle School Auditorium. Doors open at 6:30 p.m., forum begins at 7 p.m.

"Our desire is to provide the citizens of Quincy an opportunity to hear directly from the individuals who wish to represent them as mayor and as members of the City Council and School Committee," said Alicia Gardner, City-Wide Chair of the Quincy Democratic City Committee.

"The City of Quincy elections are non-partisan, and this election is important as to who will be representing us," Gardner said. "Election Day is Tuesday, Nov. 7th and I believe that the residents that attend this forum will come away with a good understanding of each of the candidates as they prepare to vote."

"Speaking of voting, other important dates on the election calendar to remember are, the last day to register to vote is Saturday, Oct. 28th at the City Clerk's Election Dept. and early voting begins on Saturday, Oct. 28th with the last day to apply for a Vote by Mail ballot at the City Clerk's Election Dept. is Tuesday, Oct. 31st," Gardner added.

All candidates for mayor, ward councillor, councillor-at-large and school committee have been asked to participate in a moderated question and answer style format.

Quincy Access Television will be broadcasting the event. Check www.qatv.org for broadcast times.

For more information regarding the Quincy Democratic City Committee, contact Committee City-Wide Chair Alicia Gardner by email at alicia.gardner6@gmail.com.



20X20

September 9 to October 8 Quincy Schools Exhibit at the QArts Gallery

Showcasing the best of Quincy's art students with 20 mural-size canvases, each representing one of Quincy's schools.

Come by and see work by hundreds of creative art students and dozens of hardworking and dedicated art teachers in the city.

Join us for the reception on
Saturday, Sept. 23, 2:00-4:00 PM.

Gallery Hours: Sat. & Sun. Noon-5PM.

Pop-up hours may occur Thursday and Friday, 2-5 PM depending on volunteer availability.

The QArts Gallery, 1229 Hancock St., Quincy, MA 02169 (across from Quincy College). Email: info@quincyardartma.org. For more information about the gallery, classes, events, and other news, please visit www.quincyardartma.org



Participating Schools Quincy High School • North Quincy High School • Atlantic Middle School • Broad Meadows Middle School • Central Middle School • Point Webster Middle School • South West Middle School • Atherton Hough Elementary School • Beechwood Knoll Elementary School • Charles A Bernazzani Elementary School • Lincoln Hancock Community School • Clifford Marshall Elementary School • Merrymount Elementary School • Montclair Elementary School • Francis W Parker Elementary School • Snug Harbor Community School • Squantum Elementary School •

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Welcome Center Meeting Draws Concerns, Support

By SCOTT JACKSON

More than 500 people were in attendance for a recent community meeting to discuss the opening of a state-run Family Welcome Center for migrant families at Eastern Nazarene College. Over 40 residents spoke at the two-and-a-half hour meeting, many voicing their support for the facility with others raising concerns about it.

The meeting on the welcome center was held the evening of Sept. 12 inside Central Middle School. Nearly every seat in the 484-seat auditorium was filled, with more residents standing in the wings and others sitting in the aisles. The meeting was contentious, with people in the audience shouting over speakers at times or cheering or jeering their remarks.

Mayor Thomas Koch hosted the meeting. He was joined by a panel that included Ed Augustus, the state's secretary of housing and livable communities; Kate Walsh, the state's health and human services secretary; Bill McCoy, a vice president at ENC; and Daurice Cox, president of Bay State Community Services.

During his remarks at the start of the meeting, Augustus noted Massachusetts has been a right to shelter state for families experiencing homelessness since 1983. Families are eligible for shelter if they have chil-



IT WAS STANDING room only as more than 500 people gathered in Central Middle School Sept. 12th for a community meeting to answer concerns about migrant families being housed at Eastern Nazarene College in Wollaston. Quincy Sun photo/Tom Gorman

dren under the age of 21 or are pregnant, reside in the state, meet income standards, and are homeless due to circumstances like no-fault fire, flood, natural disaster, domestic violence, no-fault eviction or a child or children being exposed to a substantial health and safety risk.

"We have an obligation as a commonwealth to try

and find shelter for them," think, not only reflects the law but I think it also reflects our values. Most of us don't want to see children, pregnant women, living on

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Cong. Lynch Hosting U.S. Service Academies Information Session Oct. 1

Cong. Stephen F. Lynch (MA-08) will host an information session at Braintree Town Hall Sunday, Oct. 1 from 10 a.m. to 12 noon for all high school students interested in applying to one of the United States Service Academies. All students and their families are welcome to attend.

Representatives from each of the following academies will make brief presentations and be available for questions:

United States Military Academy at West Point, NY
United States Naval Academy at Annapolis, MD
United States Air Force Academy at Colorado Springs, CO

United States Merchant Marine Academy at Kings Point, NY

United States Coast Guard Academy at New London, CT
Massachusetts Maritime Academy at Buzzards Bay, MA.

The information session will take place in the Cahill Auditorium in Braintree Town Hall, 1 JFK Memorial Dr., Braintree.

For those unable to attend, more information on the Service Academy nomination process is available on Cong. Lynch's website: <https://lynch.house.gov/service-academy-nominations>.

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Moments in time

THE HISTORY CHANNEL

• On Oct. 2, 1614, Louis XIII of France was declared an adult. His mother, Marie de' Medici, continued to act as his Regent, however, as she had begun upon the assassination of his father, King Henry IV of France, in 1610, until Louis turned 16.

• On Oct. 3, 1967, singer/musician/activist Woody Guthrie, lauded by Bob Dylan as "the true voice of the American spirit," died from complications of Huntington's disease at age 55. His music focused primarily on American socialism and anti-fascism, influencing numerous other artists ranging from Johnny Cash to Jerry Garcia.

• On Oct. 4, 2006, the widows of two war veterans brought a lawsuit against the United States government for the right to include Wiccan religious symbols on graves in military cemeteries. While the religion is recognized by the military, its followers were not permitted to display a Wiccan pentacle on such markers until the following year.

• On Oct. 5, 1999, torrential rains caused flooding and mudslides that completely buried 80 homes in the small Mexican city of Teziutlan. Authorities estimated the village received nearly half the amount of its annual rainfall in just three days.

• On Oct. 6, 1945, tavern owner William Sianis bought a seat for himself and his pet goat, Murphy, for Game 4 of the World Series, featuring the Chicago Cubs vs. the Detroit Tigers. Chagrined that Murphy was denied admission, legend holds that Sianis declared the Cubs would never win a game again until the animal was allowed on Wrigley Field. Though he "lifted" the curse in 1969, the Cubs didn't see another postseason victory until 1984.

• On Oct. 7, 1979, President Jimmy Carter and First Lady Rosalynn Carter welcomed Pope John Paul II as the first pontiff to visit the White House. Carter greeted the Polish-born pope in his native tongue with "Niech bedzie bog Pochwalony" ("May God be praised").

• On Oct. 8, 1871, the Great Chicago Fire broke out in the barn of Patrick and Catherine O'Leary and lasted for two days. By the time it ended, 300 people had died and a large swath of the city had been devastated. The exact cause of the blaze was never determined.

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The Garden Bug

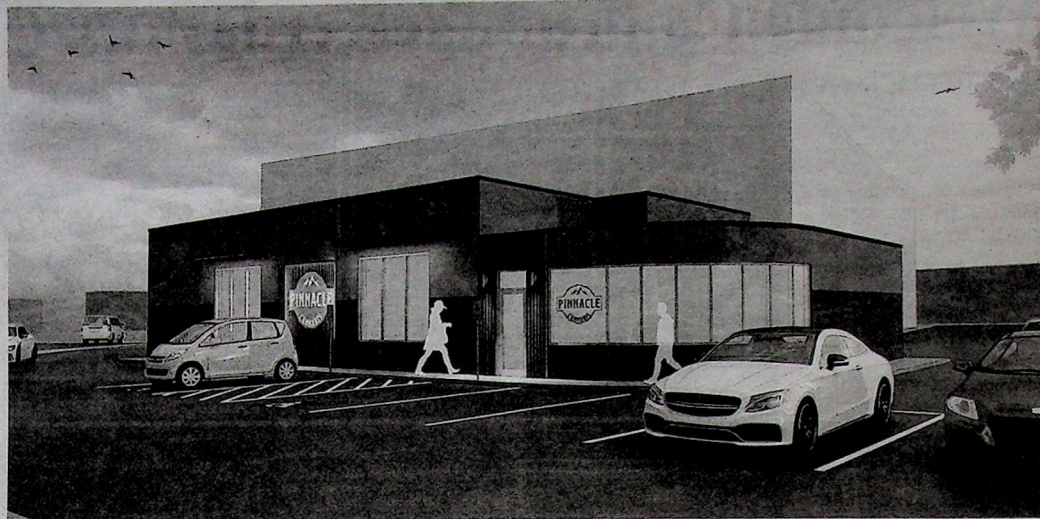
Oriental Lilies

In autumn, cut off any spent flowers and stalks, but allow the leaves to stay until they yellow and die; this fuels the bulb for next year's blooming. Trim away any growth left, leaving the bulb in the ground, and mulch over it with organic bark mulch. In spring, pull away the mulch when you see green sprouts. - Brenda Weaver

Source: gardeningknowhow.com

This plant is one of the easiest to care for. Once it blooms, keep the soil slightly moist. If blooms are very large and the stem bends, stake it for support until the flowers are spent.

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THE ZONING BOARD of Appeals has approved a proposal to open a recreational marijuana dispensary at Liberty Street in South Quincy. The applicant, Cloud Nine Cannabis LLC, still needs approval from the Massachusetts Cannabis Commission before opening.
Rendering courtesy Valere Architects

ZBA Approves Recreational Marijuana Dispensary At 15 Liberty St.

By SCOTT JACKSON

The Zoning Board of Appeals has approved a proposal to open a recreational marijuana dispensary on Liberty Street in South Quincy.

The ZBA on Sept. 12 unanimously approved the request of Cloud Nine Cannabis LLC, which plans to operate under the name Pinnacle Cannabis, to open the dispensary at 15 Liberty St. The applicant still needs approval from the Massachusetts Cannabis Commission before opening.

The property at 15 Liberty St. contains 9,700 square feet of land and is zoned Industrial A, according to the city's online property records. Located at the intersection of Liberty and Water streets, the lot is presently home to an auto repair shop.

The applicant first went before the zoning board with the proposal for the site in August and, at the board's request, completed a traffic study in time for the Sept. 12 meeting.

During the Sept. 12 hearing, William Phelan, the applicant's attorney, said his client was able to rework the traffic plan for the site between the two meetings. The applicant was able to obtain an easement to use a curb cut on Water Street — which is on a neighboring property that has the same owner as the dispensary site — so customers can enter the lot from Liberty Street and then exit onto Water Street.

"The entrance would actually be on Liberty Street and the exit would be on Water Street and that would

allow for much smoother traffic flow," Phelan said. "It would allow for the parking to be not quite as difficult to maneuver in and out of and, according to the traffic plan, in any event it would not even delay traffic for a second at the peak hours in the evening or morning rush hour."

"These dispensaries aren't really jam packed with cars at any point in time but nonetheless with BJ's gas station there I can understand the board's concern."

Moving the exit from the parking lot to the Water Street curb cut will not impact traffic at the intersection of Liberty and Water streets, Phelan added.

"The light at Water Street is a little close, but that light is not historically a light — as depicted in the traffic plan — to back up in any shape or manner. In other words, nobody stays at that light more than one cycle, even at peak hours," he said.

"The number of cars that would be maneuvering out of that site would not in any way impact that intersection. The most that would ever occur would seem to me would be that...somebody exiting the site might have to wait until that light cycle changed and then maneuver out safely, but certainly it's not going to cause any type of backup or delay for anybody on the street."

During the public hearing, Brian Backman, a resident of Pleasant Street, said the dispensary would "not be good for the city or for the neighborhood." Back-

man listed traffic in the area among his concerns.

"To say that traffic is not an issue in that area I think is a little short-sighted, all due respect to the studies that have been done. I have lived at that residence since 2004. A lot of accidents have happened in that area," he said.

"We've done in a lot in the city to help, starting with stop signs and then flashing five-way stop signs to the light system we have now, which has greatly helped reduce the traffic accidents there. It does cause backups during rush hours."

Two other residents of Pleasant Street wrote letters to the zoning board in opposition to the proposal.

Matthew Lyons, a Centre Street resident running for City Council this fall, said area residents he has spoken to aren't "opposed to having recreational marijuana dispensaries around" but are concerned they are being squeezed into certain sections of Quincy. He said a medical dispensary is open on Ricciuti Drive in West Quincy, a recreational one is located on Washington Street in Quincy Point, and community meetings have been held about potential facilities on Brook Road and Quincy Avenue.

"I think the problem and the perception of a lot of this is, is why are they all being dumped West/South Quincy and Quincy Point. Why don't the good people in Squantum, Merrymount, and every other neighborhood have the opportunity to have their weed so they don't have to drive down to West Quincy to get it?" Lyons said.

James Dunn, a resident of Babcock Street, voiced his support for the proposal. He said the board has to consider items on a case-by-case basis, so the Brook

Road dispensary will be dealt with when it comes before the board. Dunn also said the dispensary at 15 Liberty St. should help clean up that lot.

"It's going to clean up that corner and make Quincy more presentable," Dunn said. "And, I hope I don't offend anybody, there's going to be change in Quincy and this board has pretty much always been for good change. There's always going to be change and people have to accept it. Quincy stood still for so long."

Following the public comments, board members voted 5-0 to approve the request.

"I'm not concerned about the business," said Martin Aikens, the board's chairperson. "I'm concerned about what's there now that I don't like. Cars all over that place and making that intersection look worse than it is. It's almost like a horror show when you drive around and all these cars everywhere."

"I think it's going to be good, I do, and I will be voting in favor."

Vice chairperson Brian Radell said the dispensary should be easy to get in and out of and shouldn't cause traffic concerns.

"It's pretty easy on, easy off from Burgin Parkway. It's pretty minimal impact in terms of additional traffic," he said.

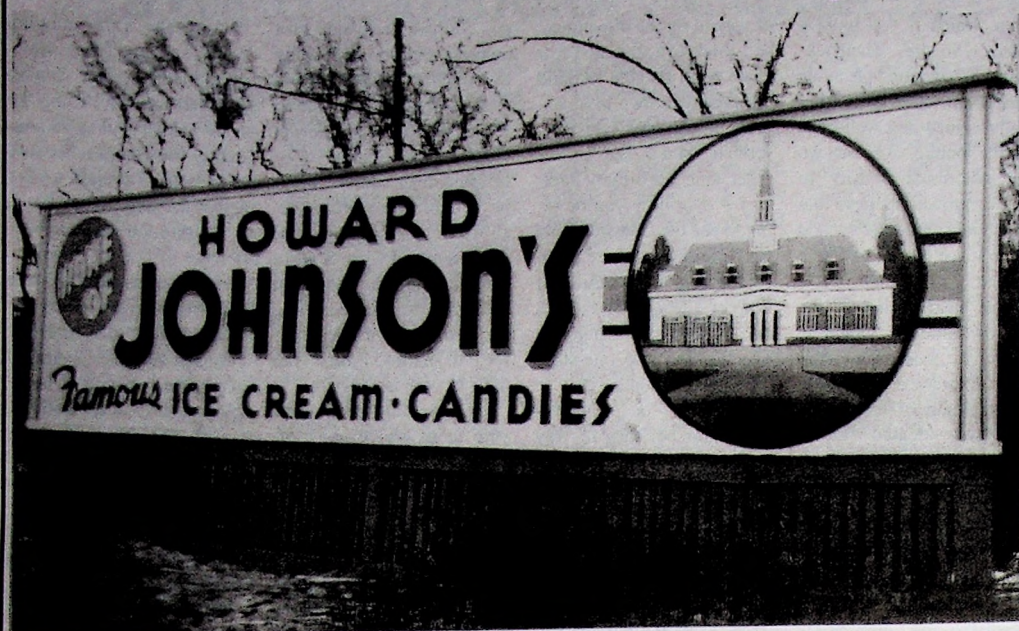
"We constantly hear about traffic on this board. I will continue to say, people have a heightened sense of awareness traffic when they're in it and they don't when they don't. I certainly can appreciate the sentiments — I've pounded my wheel too at 7:30 in the morning but I've also driven around on a Sunday morning at 9 a.m. and there's not a soul driving in the city of Quincy."

Quincy High School College Info Night Sept. 28

Quincy High School will host a College Information Night for seniors and their families on Thursday, Sept. 28, from 6:30 to 8 p.m. in the school auditorium.

Attendees will learn about the college application process.

Scenes From Yesterday



PASSENGERS ON THE New Haven Railroad's Old Colony Line saw this new billboard as they traveled between the Wollaston and Quincy depots in 1939. The sign was erected across Old Colony Avenue from the new home of Howard Johnson's ice cream and candy factory in what was previously the four-story R.H. Stearns furniture building. The company had planned to move most of its scattered operations into the building but changed its plan when within a year they bought the facilities of the bankrupt Dutchland Farms Company in Brockton.

Ice cream production was moved to what in time would become Howard Johnson's large Brockton commissary. But all sorts of candies were produced at this Wollaston location for many years until the company was sold. This building was later owned by Eastern Nazarene College and housed ENC's Cecil R. Paul Center for Business. It will become the Rick DeCristofaro Learning Center, the city's newest school building, which is expected to open in January.

From the Tom Galvin Postcard Collection

READERS FORUM - MORE PAGE 29, 36, 37

HN ChowdaFest Great Time Despite The Weather

On Saturday, Sept. 9th the Houghs Neck Community Council hosted its annual Houghs Neck ChowdaFest. It was a great time despite Mother Nature unleashing heavy rains, gusty winds, thunderstorms and lightening.

Everyone was smiling as they worked together to bring down tents, pack up supplies and save band equipment. Throughout the storms, the beer trailer held strong as volunteers scrambled to salvage serving utensils, paper goods and t-shirts. It was certainly an experience that I will never forget. I am in awe of the way hundreds of people braved the downpour to help pack up in minutes what took days to set up.

This year, we had 21 restaurants and 3 individual entries. Volunteers from the local area, the Scouts Troop 6 and high school students prepared to serve 240 gallons of Chowda. Although the event was cut short due to the weather and the power outage in Houghs Neck, the votes were still tallied and the 2023 first place winner is Off The Hook Bar & Grill, the second place winner is Wood Road Deli and taking third place is Waves Seafood.

Thank you to Abby Park, Assembly, Bernie's General Store, Brick & Beam Tavern, The Chantey at Marina Bay, The Common Market Restaurants, Coop's Bar and Grille, Craig's Café, Cronin's Publiack House, Cucina Mia Cafe & Deli, The Fours, Off the Hook Bar & Grill, The Fowler House Café, Tony's Clam Shop, The Mooring Bar & Grill, The Tavern at Granite Links, True North Kitchen & Bar, Victory Point, Wheelhouse Diner, Wood Road Deli and Waves Seafood for participating. We are truly grateful for your interest and your support.

The individual first place winner is Bryan Dunn, second place is Denise Bigelow and third place is Amanda Knowles. Thank you for entering the contest and we hope you had fun!

The individual Chowda Bowl trophies were made and donated by Houghs Neck resident Eileen Timcoe, owner of E&T Ceramics. Marketing and graphics were done by Wayne Batson. Joyce & Gendreau Jewelers maintains the upkeep and engraving of the yearly trophy. Thank you!

Congratulations to Brian Laroche for his winning design logo in the art contest. His design was featured on the back of the t-shirt, cups & all event marketing.

We are happy to report that the Houghs Neck Congregational Church bake sale raised over \$1,400 for McKinney-Vento Homeless Assistance Program, which provides support and funds to Quincy Public School children living in homeless shelters around the city.

Thank you to Mike Berry Jr., of Berry Electrical Solu-

tions, and Mike Berry Sr. and IBEW Local 103 for providing electricity and being a reliable supporter since our first event.

Until the power outage, the crowd enjoyed music by The Red Neckas. We have no doubt that The Red Neckas would have kept us rocking right up until the end.

Thank you to our Cup Sponsors: Red Door Realty, First Class Plumbing & Heating, JF Auto Care and Life Community Church. Thank you to Mayor Koch for sponsoring the Band, Jimmy Dunn, owner of Manet Contracting, for sponsoring the Beverage Tent, and David A. DiBona, owner of First Class Plumbing & Heating, for sponsoring the Game Trailer.

Thank you to our Event Sponsors: State Representative Tackey Chan, Ward One Councillor Dave McCarthy, Councillor-at-Large Noel DiBona, Councilor-at-Large Anne Mahoney, Councilor-at-Large Nina Liang and School Committee Member Kathy Hubley.

A special thanks to John MacNeil, owner of The Fowl House, for beverage selection and all of the time spent helping out with the logistics.

And to all our volunteers, this year you went above and beyond and although we had to close early, we could not have done any of this without you.

The Houghs Neck ChowdaFest is the Community Council's largest fundraiser. We do this so we can serve the community with free events such as HarvestFest (coming up on Oct. 21st), Bunny Fun Day and The 3rd of July Family Fun Day. Although we are disappointed that ChowdaFest wasn't as successful financially, we know it's not about the event but the mission. To all of those that attended before the rain and wind forced us to make that very difficult decision to clear the area, we hope you enjoyed the 2023 Houghs Neck ChowdaFest and we look forward to seeing you next year. Thanks to your generosity, we can weather any storm.

Your Neighbor, David A. DiBona
President

Houghs Neck Community Council

QHS Class Of 1968 Reunion Sept. 30

Quincy High School Class of 1968 will hold its 55th Class Reunion Saturday, Sept. 30 at The View at Presidents Golf Course from 6 to 11 p.m.

Cost is \$50 per person. Please make checks payable to: QHS Class of 1968 and mail to: Irene Downey Brophy, 108 Granger St., Quincy, MA 02170.

Quincy's Yesterdays

This Week
1975
48 Years Ago

Hannon, LaRaia Nominated For Mayor

Incumbent Mayor Walter Hannon was nominated for a third term and City Councillor Joseph LaRaia earned the other mayoral nomination in Tuesday's preliminary election.

Hannon topped the ballot with 10,403 votes and LaRaia was second with 8,492 votes. Finishing third and fourth were candidates Mrs. Grace Saphir and Michael Jovanovic with 2,710 and 170 votes respectively.

Despite a pelting rain, a higher than anticipated 46 percent of the city's 46,560 registered votes went to the polls. A 35 percent turnout had been forecast.

LaRaia's strong finish cast him as a tough opponent for incumbent Mayor Hannon. His total combined with the other two defeated candidates - Saphir and Jovanovic - topped Hannon's 11,372 to 10,403.

Council President-Senator Arthur Tobin topped the ballot in the at-large field with 12,554 votes. Incumbent John Quinn was second with 9,699 and School Committeeman Harold Davis was third with 9,378 votes followed by Paul Harold with 9,139 votes. (Editor's note: Joseph LaRaia would be elected mayor in the final election in November after a city-wide recount. Winning at-large seats were Tobin, Harold and Quinn in that order.)

HISTORICAL SOCIETY CURATORS BACK ADAMS BIRTHPLACES IMPROVEMENTS

The Board of Curators of the Quincy Historical Society has pledged support to the city regarding all planned improvements at the Adams Birthplaces.

Joyce Baker, chairman of the Society's House Committee, offered to assist in presenting to the City Council the proposed \$15,000 preservation package to correct deficiencies in three areas in each of the historic houses that included installation of a comprehensive fire alarm system approved by Underwriters Laboratories and connected to the central fire station.

QUINCYISMS

After almost a year's delay, the CBS Morning News devoted a feature segment to Quincy's own "Bethany Bees" and their longtime keeper, **Rev. John D. Banks**, minister of Bethany Congregational Church, Quincy. The church rooftop housed some 250,000 honey-producing bees. . . **John and Maureen Smith** of Quincy Point welcomed a daughter, **Amy Elizabeth**, born Sept. 22 at St. Margaret's Hospital, Dorchester. . . **Susan Schaffer**, daughter of **Mr. and Mrs. Robert Schaffer** of Amesbury St., North Quincy, was recently installed as worthy advisor of Atlantic Assembly Rainbow Girls by her sister, Kathleen, past worthy advisor of the Assembly. . . **Judge Albert Kramer**, presiding justice of Quincy District Court, was the guest speaker at the Quincy Kiwanis Club luncheon meeting. . . **Mr. and Mrs. Richard H. Sutherland** of Gay Street, Quincy, announced the engagement of their daughter, **Diane Marie**, to **Louis T. Bach**, son of Gilbert Bach of Westwood. . . Quincy Junior College ran an ad in The Quincy Sun apologizing that all day and evening classes were full. . . Jason's Luggage and Music, 1514 Hancock St., Quincy, was celebrating its 50th anniversary with a 10-day sale featuring records for \$3.99 and tapes for \$4.99. Also first 500 customers received their choice of a record cleaning cloth, plastic record covers, ovation keychain pic holder or a Baskin-Robbins ice cream. . . **Navy Airman Apprentice William J. Ridge**, son of **Mr. and Mrs. Robert F. Ridge** of Wampatuck Road, Merrymount, graduated from recruit training at the Naval Training Center, Great Lakes, Ill. . . **American Legion State Commander John P. (Jake) Comer** of Quincy recently delivered an address at ceremonies installing **Robert Gifford** as the new District 7 Commander in South Boston. . . Jack Conway Realtor's Wollaston Office listed a 17-room executive home within walking distance to Quincy Square for \$124,000. The home featured 6 bedrooms, 5 and a half baths, two porches, an elevator and three-car garage. Also listed: a two-story family home in Quincy with seven good size rooms, hardwood floors, carpeting, new no-wax kitchen floor, finished family room, office and garage for \$35,000. . . **Edward J. Keohane** of the Keohane Funeral Home joined other members of the National Selected Morticians in sponsoring a nationwide public service program to enlighten consumers on the costs and procedures involved in funeral planning. . . Quincy Savings Bank launched a direct deposit program for Social Security and Disability checks. . . **Benjamin Rudner** of East Elm Avenue was elected president of the Wollaston Park Association. . . **Private Arnold V. Vorrosso**, son of **Mr. and Mrs. Francis Vorrosso** of Marlboro Street, graduated from Basic Combat Training in Ft. Jackson, S.C.

Mayoral Candidate: Incumbent Thomas Koch

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gloating about the park, but to that person on that day, it's what we did to help her mother get situated with senior housing.

So, issues change every day, we try to deal with them. I think we've been an administration where we're putting an agenda forward, but we've listened and adjusted when necessary on issues. For example, the Abigail Adams statue. We had a plan going forward with the performing arts center. I heard from a committee of women who didn't want to wait. We listened, we made the change, had them participate in the whole project and we got a beautiful dedicated statue and monument to Abigail Adams.

I think if you're going to look at things, issues are different for everybody. I'm out knocking doors and it's amazing the array of topics that get discussed on people's stoops. As I mentioned in the first question, I'm going to continue moving the city forward, continue addressing all those issues that affect the quality of life of the general population, but always mindful that that issue of any constituent is the most important issue to them and we should respond in such a fashion that that's important to us too, because that's who we work for.

Do you think the budgets for the school department, police and fire departments are adequately funded?

I think if you look at our commitment over the years to every city department, but in particular schools, police and fire, they are well funded.

In the case of both police and the fire, we're at as much personnel as we've been in 40 years. We put a ladder truck back in service which went out of service in 1991. I took office, there were 142 patrolmen. We're at 185. There was one K-9 when I took office. There's nine. The apparatus for the fire department, much of it has been replaced. So, we've given the police and fire the necessary personnel and the necessary tools and apparatus to do the job for their safety, but for the public safety.

I've always said, after public safety there is nothing more important we do than education. So public safety is first and foremost. People have to feel safe in their person and in their property.

On the school side, another aspect of quality of life, whether you have kids in the schools or not, school system has a direct correlation to property values in a community. We have very high property values and I

would attribute that to, one of the reasons, is we have such an outstanding school district. I'm certainly proud of our teachers and our superintendent and his staff, the principals, everybody that makes up our school system that provides the opportunity for every child the chance to succeed.

So, I think they're adequately funded. I think there's always an argument, can more be done? We want to get a new firehouse built to replace the old central at some point — we purchased land for it. We continue to work on school buildings. There's always new programs. But I think they're adequately funded as it is.

I think one of the more things I'm proud of is the coming of the opening of the DeCristofaro Learning Center. That is, I think, the first of its kind for a municipality to be doing and it's going to be able to keep those Quincy kids who have some challenges in their own city instead of being bused off for an hour and a half in each direction to different schools around the state.

Are there any municipal budgets that you would cut or add to if you were re-elected?

I don't have any thought of cutting anything right now. I mean, there's times when we tighten the belts and ask all department heads to take a look at where they can show some savings, become more efficient. We're always looking at ways to improve services at the same time to be more efficient at things. That's always a challenge every budget session.

Off the top of my head, I don't see any major new programs or new personnel. I think we're in a great place right now. Not to say, again, that there isn't room for improvement, but that doesn't always mean adding or cutting. That could mean just being more efficient at what we do.

What are your plans for Quincy Center over the next four years?

To continue the master plan, which will include — I know some of these projects have already been made public, some have permits already from the Planning Board — but if we just take the westerly side of Hancock Street, the Arcari building will be going in the ground by the spring. That's been permitted by the planning department. Seven stories, a two-story restaurant.

The two buildings next to it, the old taekwondo and Donut & Donut, the City Council supported me in taking those buildings. That space will become another pocket park in the downtown,

which if you look at Kilroy Square, Hancock-Adams Common, Generals Park area, these spaces are really valued and well-used by the public. And as we add additional density to the downtown, I believe that we should continue to add green space when and where we can.

The next phase is the Arcade building, which is owned by Sam Slater who has expressed publicly his intention of building a 15-story residential with retail on the first floor. I don't have a schedule yet on his demolition, but it will probably come subsequent to Arcari and the city-owned buildings demolition probably early this fall.

Back to the other side of Hancock Street, we know that LBC has got a plan approved by the Planning Board which would add some additional housing and retail where the corner of Hannon Parkway, Hancock Street and I guess the backside would be Revere Road come together. We're monitoring that, see how that develops over the next couple of months.

Back in the Generals Park area, we're going to be talking very soon about the northside of the bridge, the medical office complex. South of the bridge we'll be talking in a couple weeks about some announcements there as well. We're staying to the core of what we've laid out in our project plans and all our planning.

The corner of Hancock and Hannon on the westerly side, we're looking at that as a location, we're making some pretty good progress now on planning out a performing arts center with other — whether it's commercial or residential — above, to make that work.

In addition to those, on either side of the bridge we'll also be looking at parking facilities as we've talked about from day one. Instead of one massive one on the Parkway side, which is now the Generals area, we're probably looking at two more medium-size garages to better serve and easier for egress in and out.

We've got a company that has entered into an agreement with the old Colman's site. We're working with them for that block to see what they want to do with that. They haven't come back with any specific plans, but I can tell you that there is very strong interest in investment in our city. We've got to make sure these plans are vetted, that it's done well, and the people of the city can be proud of these projects.

We're probably a third

of way in on the downtown, so I think over the next few years we'll be able to build out the downtown in its entirety in the area I just described. You'll see on the other side of Burgin Parkway — over time you're going to see the Grossman site get developed, you're probably going to see the Star Market site get developed, because that's what happens over time. These one-story buildings, whether they're commercial or whatever they may be, they're way undervalued for the site because there's no big, empty parcels of land anymore to build on, so I think you'll see further development in those areas.

What does the future of Quincy College look like and would that include a new building for the college at the site of the Munroe Building or elsewhere?

It's such a great institution because it's so flexible to individual needs and it serves a population — you know a lot of people talk the talk, but few walk the walk. There's been a lot of talk about diversity and inclusion and equity. Quincy College is the poster child for that. I mean, the population that that college serves in this day and age, a lot of minorities, a lot of folks that otherwise would not be going on.

So, I believe in the college's mission. I also believe with the economy adjusting the way it is, Quincy College is going to be part of adjusting in that economy to a lot of businesses. What I mean by that — Quincy College is flexible. They can create a new program to meet the need of a corporate citizen, for example, for certain credits that some of their employees might need. So, I think it's an important institution for the city.

I also think it adds great vitality to the downtown, so I think it belongs in the downtown. We are still reviewing the long term and the college has had a rough few years. We went through the challenges of the nursing program and as you know I had to take the reins for about six months, made some tough decisions, made some cuts, created some efficiencies. Dr. DeCristofaro and the board I think is doing remarkable work now — it's sustaining, and I actually heard the enrollment is up some, so that's a good sign in this economy.

At the end of the day, we purchased the Munroe Building...with the purpose of potentially building a new college building at that site. The last year or so, we've done some deep dive, an analysis of how we think the college would

go. We had an outside firm come in and do a real study to see what the college does well at, what it doesn't do so well at, should it be offering these courses, should it be offering other courses, maybe get rid of some course, so we're going through that process now. I want to make sure that the institution is in a position to succeed going forward. One of the ways for it to succeed I think is to have its own home base.

If reelected, what would you do to create more affordable housing in Quincy?

I always remember what Leo Martin said to me, who owns some housing as you guys know in the Square, he said to me, "Tommy, where do the waitresses, the dishwashers, the cab drivers, those people that keep the economy going every day, where do they live?" I thought that was something I never forgot. So, the Finn building, we've done. The Kiley building, we've done. Both specific for affordable housing. The Watson down by the shipyard we've done working with NeighborWorks.

A lot of the development that we have, they put money into the affordable housing trust, then applicants come in and then that money is applied for new units. I don't have the unit count off the top of my head...but there's several hundred new units that have been built for affordable based on the affordable housing trust monies. That's been a good use, so we're trying to meet that balance.

I had somebody recently talking about that they'd love to sell the house, an elderly person, and the list on the senior buildings is long. I really want to take a very proactive approach and create a couple of 55 and over districts so going forward we can do some additional specific housing for that age group.

What would you do to address traffic in the city?

I think we've got the best traffic engineer in the state, Allie Ruel, and I think that Ed Grennon and his team are doing great work.

We've done a number of major projects: East and West Howard at Quincy Avenue; East and West Squantum Street at Hancock Street; Quincy Shore Drive and Sea Street. We'll be doing Sea Street, Coddingtown and Southern Artery — that's on the works to be done over. We're constantly tweaking and making adjustments at intersections. Sometimes you see those left-turn arrows and things, and the road markings change.

There's a real challenge

to keep the traffic moving while keeping bikers safe, pedestrians safe. You've got these folks all using the same areas but they're constantly in conflict because a pedestrian wants to get across the street, a car wants to get through that intersection.

I think one of the other challenges today is all the Uber and Lyft rides and how they just stop anywhere; all of a sudden traffic is backing up. I've also noticed, you probably have too, at a red light, the light changes but nothing moves because people are on their phones. That's a challenge as well.

We've got to continue investing in infrastructure. Willard Street at Ricciuti Drive is another good example. That one is going to be done which is going to resolve the traffic challenge there.

I would suggest certain times of the day — people are going to work, school is in session — I don't care whether you're driving in Quincy, Milton, Weymouth, Braintree, Hanover, there's congestion those times of day because those are the peak times of the day. That doesn't mean we throw the towel in. We've got to continue to work in a smart way to make these intersections more efficient.

Should Quincy continue to oppose Boston's proposal to build a new Long Island Bridge?

Yes, and I'll articulate why. Boston has been less than forthright in all of the information about that island.

Let me give you some examples. There was a development plan done by Corcoran a few years back that the judge did not allow to go public that showed a major development on Long Island, number one.

Number two is the city of Boston a few years ago designated Long Island as an opportunity zone. President Trump and the Congress enacted that program whereby cities would apply through the state to the federal government to designate areas — we designated the shipyard and we designated Quincy Center. What does that do? It encourages investment, so investors get tax benefits by investing in that opportunity zone. Why would you make Long Island an opportunity zone if you were just building a campus for folks with addiction?

There's 225 acres out there. My great concern is they develop that whole island. We're going to be dealing with major, major traffic...coming through our city and that to me is a quality of life issue for the people.

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Mayoral Candidate: Challenger Anne Mahoney

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meets the needs for all of us.

The most important issue or issues that I will address if elected is (are):

The most important issue that I think we need to address when I take over this administration will be transparency and accountability to the people of the city of Quincy, making sure that they understand where their tax dollars are being spent.

I truly believe that we need to open up those checkbooks and show them where the money is going, along with the projects that we're doing. Whether it's federal, state or our city money that we're putting into those projects, it's important that people know where that money is coming from and where we're actually expending it to. When we start projects, they should be on-line so you can see the start, middle and end, and if we have problems, they should know those problems that are happening. So, transparency and being able to show you where our government spending is happening.

When we have crisis management, we should be able to manage those things and let people know today and not wait three weeks for them to find out something else. We need to actually be able to manage things and show people what's happening in our community so that they can feel safe and secure in knowing what's happening in our community.

We also have to really look at development that we're doing and make sure it's not hitting into those neighborhoods and ensure that those ZBA laws that we have on the books are being adhered to. We can have development, but it has to be along the spine of our train stations.

We have to fix our train stations. The MBTA is broken and until we fix that and start working with the state to make sure that that's fixed, the development that we're having is just creating more congestion that's happening in the city of Quincy.

These are things that I believe that I can work on with the governor that's in office right now, with the people who are working in the state, and then also the people working within the community.

Do you think the budgets for the school department, police and fire departments are adequately funded?

I think that's something that we really have to go back and look at.

We have a new chief of police and I would really like to sit down with him. He's got some real fresh perspectives of what he'd

like to have happen in the police department. I've had a couple interactions with him. Currently he's doing a great job. He's already reorganizing the things that are happening right now in the Quincy Police Department. I do believe he has the ability to make things change there that I think will be positive for everybody, both the people in the community and the people that work within the police department, so it's important that we have that open dialogue and start building that police force the way he believes the future of that is.

When it comes to our schools, we really have had a tremendous amount of growth in our schools. We really have to assess what is happening. The buildings that we have built have been fantastic. I was part of building out Quincy High School, Central, Sterling, and I'm super excited about Quantum Elementary School coming online.

But, we really have to assess the needs of the teachers and the people who are working within those buildings that are taking care of our students, because the quality of education really comes back to the quality of people who are working in our buildings and making sure they have the support that they need in those classrooms.

Are there any municipal budgets that you would cut or add to if you were elected mayor?

The nicest thing about becoming administration is you're taking over in the half term year. I think what we really need to do is take an assessment of what's happening in our community.

What I would do, as I would do in any business application, is I would do an audit of what we're doing, see where the money is being spent, and make sure we're being accountable to the projects that we're doing. Then, if we're seeing things that are either not being done and are losing out on their funding, finding out why they are and figure out how we can prioritize those so we're building out the next budget that is more transparent and showing people where their money is going.

What are your plans for Quincy Center over the next four years?

I do believe that we've had some great growth in Quincy Center and some of the things that are happening right now, the restaurants are all working really, really hard to stay in business, and we have to bring some form of retail down to

Quincy Center.

I have been working and talking to people outside of the city to ask how we can make that happen. I've even talked to some of the restaurants that have expanded outside our city and how they were able to manage to go into some of the higher-end locations in other communities whether it was Somerville and Assembly Square or downtown or the Ink Block, asking how they were able to do that.

I think we need to go out and actually really research some of those businesses and bring some of those corner boutique businesses back here to Quincy so that we can start feeding people to come down into Quincy Center. It's just not going to happen with the people that are living in those buildings. We really need to build an economy down in Quincy Center, and I believe we can do that.

One of the things that I know we don't have in our city is true marketing plan. When I've talked to outside developers, that's what they're saying Quincy doesn't have, a true marketing plan, a master plan on how we're going to be able to do this so they can better help serve us to do those things.

What does the future of Quincy College look like and would that include a new building for the college at the site of the Munroe Building or elsewhere?

I'm very concerned about Quincy College. With it not being part of the state college family, there's no carve out for Quincy College when it comes to the free and affordable after 25 that's coming in from the state. My concern with Quincy College is it needs to be part of the state so that it can be part of that, otherwise it's going to have some problems filling those classrooms.

I'm not in favor of building a building for Quincy College. We have not proven that it's been able to sustain itself with its full-time enrollment. You're seeing both Quincy College and Eastern Nazarene struggle because they have to meet the needs and they do not have an endowment for their students. Currently right now, Quincy College's endowment is the taxpayers of the city of Quincy, and we can't afford that.

If elected, what would you do to create more affordable housing in Quincy?

I think one of the first things we have to do, and I think they did this back in 2015, is another close look at our inventory of homes

— what we have here in the city of Quincy and what we offer.

Right now, I can tell you that when all the development's being done, we are not making an initiative to make sure the affordable housing units are being met — we're putting it into a fund — and what we really need to do is really have an assessment of the needs of the city of Quincy to be able to develop that out.

I know the things people will ask me for is 55 and older. We don't have any place for anybody that's older that wants to maybe downsize and go into the same community and not move further down the South Shore; they want to be able to stay here in our community. Young families, our kids, are having a hard time being able to afford apartments here in Quincy. We really need to take that into consideration when we're developing these things out.

We also have young teachers who are coming to work here in the city of Quincy, young police officers, young firefighters. It's very expensive for them to be able to live here in the city of Quincy, so we have to be able to build, and I have advocated for that on the City Council and I will advocate for that as the mayor of the city of Quincy and make sure that we're delivering that so that we can build out not only for today, but for our next generation.

What would you do to address traffic in the city?

One of the things we have to address with traffic is when we are doing any kind of development in the city of Quincy, we have to really look at it as a master plan, not just one off. When we're talking about ZBA issues and we're looking at them, we look at them one lot at a time, and those are the ZBA rules for how you do it, but we have to have a master plan.

When we know there is a potential area that could be completely built out, we have to take into consideration how many cars that is going to be and what we're going to do and how we're going to be able to nurture and develop that area — what type of retail will come into it, how will we be able to make sure those developments will be able to self-fulfill themselves. Right now when we're building, we're not doing those things, and our MBTA is not working.

So, we really have to look at all of all those things to be able to make sure our traffic is working together and then when we talk about complete streets, looking at

as a master plan throughout the whole city and how we're connecting the dots between the development and the trains and the bus routes that we have.

Should Quincy continue to oppose Boston's proposal to build a new Long Island Bridge?

This is an issue that's been going on for quite some time, I think since I started on the City Council.

One of the concerns I will say is that it's not just a Boston issue. It's a Quincy issue, it's a state issue, it's a country issue when it comes to our crisis we're having with opioid addiction and with mental health. What I'm concerned about is we're looking at this as one offs, but we really need to make sure we have a seat at the table and really pull in the governor on this one to make sure that we're building something that's going to actually meet the needs of all our constituents.

But when it comes to Long Island, what I'm truly concerned about is that they don't have a plan for actually rebuilding the hospital out there, so there is no funding for building the hospital, and that island is identified as an opportunity zone. So, my concern is that we'll be building a bridge that could eventually turn into something else other than what they're saying it's going to be.

But the need and the crisis is real and we have to actually work together to solve that. I'm not sure if Long Island is the right answer, but we have to make sure that we don't alienate ourselves out to not have a seat at the table, because we're not doing well within those crises that we're having, so we need to make sure that we're continuing to keep the avenues open and make sure that Quincy doesn't turn into what we had 15, 20 years ago when Long Island was there. We had an adversarial relationship with Boston at the time. I don't want to see that happen, but I also want to make sure we hold off any letting anything happen before we protect the interests of our city residents.

Is the proposed Quarry Hills lease extension a good deal for the city?

It is not a good deal for the city of Quincy currently how it's written.

The proposal was put before us by the administration and we hadn't even done a review or an audit of the original lease. That's the first problem that happens with that. And as a city councillor, I'm always going to make sure that I'm looking at my residents and

the taxpayers first. We're still waiting on the audit from the administration in regards to Quarry Hills at this point.

But, the way the formula is written currently, if you were to break it down and completely look at it separately, there are two incentives that are disconcerting to the taxpayers of the city of Quincy.

One is that the net gross of what the city of Quincy could collect, the new lease will allow the interest of any loans taken out on the property for whatever reasons they're taking the loans out to be written off against our net gross proceeds, which is huge.

The second one is that if they were to sublet, meaning allow somebody else to come in and manage the property, Quincy would still only get 10 percent. And, if I used the example of Bob taking over the golf course, he would get 50 percent of the property. The other half would be 50 percent split between Quarry Hills Associates and the city of Quincy. We would still get a net of 10 percent and Quarry Hills would get 40. The formula doesn't work, and we have to be very careful about what we're giving away.

I also want to remind people that it's, I believe, seven times the size — when we think of the amount of space that we have up there — seven times the size of the Boston Common and the gardens. So, when you look at it that's a lot of space up there that we would be giving away.

I applaud what we did as far as capping the dump up there and what it's become, and I believe there is a relationship we could establish, but my concern is we have to make sure it's a good deal for the city of Quincy. Ninety-nine years is a long time and it is pretty much a private club up there.

What is your vision for the city of Quincy if you are the mayor for the next four years?

My vision for the city of Quincy is that we will once again be working with the constituents of the city of Quincy. We will be having public meetings, we will be communicating to people and people will be allowed to share their side of what they believe Quincy will be.

I promise to include people in the discussions, create task forces so that we will be able to have a balance between any development or any businesses that we're doing here in the city of Quincy with our constituents, so we can grow a community that is inclusive to

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Mayoral Candidate: Incumbent Thomas Koch

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ple of North Quincy, Marina Bay and Squantum.

Is the proposed Quarry Hills lease extension a good deal for the city?

We took what was literally a dump and turned into a first-class recreational facility including golf and ball fields as well, which was all part of the process. The city shares in ten percent of the gross revenue of the operation, so we've received it's now into the millions of dollars that have gone back into the city and other infrastructure. I think it's been a good deal.

I have heard from folks out and about, they think 99 years is too long. It's before the City Council, it's in committee and we've brought the lease down to the council as is necessary which opens up the discussion. Certainly the City Council can make recommendations, can make amendments, vote on those amendments. There's plenty of opportunity here for improvement to the lease as people may see that improvement.

I was comfortable bringing it forward, but I'd also be comfortable if the council made some changes in

it. The developer could just back off if he wishes. There's still more than 30 years left on the current lease, so there's nothing urgent here I guess in some ways, but the city hasn't spent a nickel up there, and the extension of the lease would continue to provide good revenue, continued maintenance of our ball fields as well as operating a very proud facility.

You know, when I got married, I was looking to stay in Quincy for the reception. We ended up at the Bryan Post. There weren't many opportunities or

choices at the time in Quincy, but when you're a city of 100,000 and now you look and see some of the venues, including Quarry Hills - it's not only a golf course, it's also a function facility and a nice restaurant and it has some other amenities, so all that is good.

What is your vision for the city of Quincy if you are the mayor for the next four years?

The vision would be to continue the progress we've made to date. I already mentioned that I guess in the early discussion. That is to continue to improve our schools. To continue to repair our roads - we've done 250 streets over the last five years, replacing infrastructure underground, building new roads. We've done remarkable work on our parks. We have great programs at our public libraries.

We've also got to be prepared - we were talking just before we got started about a potential hurricane hitting. We've got to continue to look at climate change, what it means to Quincy, what we need to do as a waterfront community with some low-lying areas to mitigate those challenges going forward. That's why that first piece of seawall was so important in Adams Shore/Houghs Neck. The next phase is Ma-

net Ave and we're going to continue to do that around Houghs Neck, Squantum and Wollaston areas where needed.

Those are all very important, but at the end of the day it's about keeping the city safe, keeping it clean, giving every kid an opportunity to succeed in our school system, providing those services that people have come accustomed to in this city. People ask me about taxes, I remind people that we're right in the middle in Massachusetts' 351 cities and towns, but I think we're at the top of the heap when it comes to services and I will argue with anybody over that. The services in the city are remarkable, so I want to continue that. I want to continue and finish the downtown over the next few years.

And, let's continue to preserve our history, tell the history. In times that we are living where cancel culture and a lot of craziness around the country and the divisiveness, I think our plan for the Adams Presidential Center could be a real tool in affecting change and how people think about democracy, civic responsibility, civil dialogue, problem solving in a way that people are respected and treated with dignity.

Do you have any new

initiatives that you would introduce shortly after being sworn in?

My goal right now is to get through Nov. 7. I certainly don't want to get ahead of myself.

In retrospect, it's amazing how time goes by. Somebody said to me, "you've been in a long time," I said, "yeah, I have." It flies by and I think we have something to show for it. We've got a great team. I'm proud of the record that we have. I'm not suggesting we're perfect, but a lot of communities would love to have a piece of what's going on economically in Quincy.

Voters should reelect me mayor because...

You've got two choices in this election.

You've got a choice between a 16-year mayor who has an incredible record of accomplishment - and I say that "we" because I've been fortunate to work with colleagues in all levels of government. In the job of the mayor, you've got to collaborate, you've got to work with others.

And I have an opponent whose been in office a lot longer than I have, at least two years maybe four years longer, and I don't see much of a record. It's easy to be critical, it's easy to toss bombs so to speak.

WHAT'S COOKING

with
Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



No Sugar Cookies

By MARIE

It is vacation time and barbecue time and with so many people on limited sugar diets, here is a great recipe for a no-sugar pastry. What I like most about this cookie is that no sugar substitute is used either. I usually find the substitutes extremely bitter when used in baking.

These cookies are strictly natural and can be made days ahead of time. They go with a cup of tea or coffee that will satisfy your sweet tooth and not add hundreds of calories. Just a great snack that will be enjoyed by all!

Ingredients and Directions

- 1 cup of raisins
- 1/2 cup chopped apples
- 1/2 cup of dates

- 1 cup of water
- 1/2 cup of butter
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1 cup of oats
- 2 beaten eggs
- 3/4 cup chopped unsalted nuts (I used peanuts for more flavor)

In a pan, boil the first 4 ingredients for 3 minutes at low heat.

Add butter.

Cool slightly.

Add remaining ingredients.

Mix well and refrigerate overnight.

Drop by spoonfuls onto a greased baking sheet and bake in a 350-degree oven for 10 to 12 minutes.

Pumpkin Bread

By SUZIE

Here is a great recipe for pumpkin bread that is grain free to pack as well!

Pack with a container of cream cheese or some butter for them to spread on.

- 1 1/2 cups blanched almond flour
- 3 eggs
- 1/2 cup Kerrygold butter (or another grass fed butter)
- 1 cup pureed pumpkin (I use canned for simplicity)
- 1 teaspoon vanilla
- 1 teaspoon cinnamon

- 1/2 teaspoon nutmeg
- 1/2 teaspoon sea salt
- 1/2 teaspoon baking soda
- 3/4 cup coconut sugar or any kind of sugar
- 1/2 cup dark chocolate chips (I use LILLY'S no sugar added brand.)

Cream together butter and sugar.

Add in vanilla and eggs and beat well.

Now add flour and baking soda, as well as spices. Combine and fold in chips.

Spoon into greased loaf pan and bake at 350 degrees for about 45 or 50 minutes.

Spinach-Artichoke Chicken Casserole

By MARIE

The ingredients for today's recipe for a casserole is derived from a dip most of us enjoy - a spinach-artichoke dip. I am sure a lot of you readers are familiar with that one. While it's a great dip - it is also a great dinner!

Preheat oven to 350 degrees - Grease a medium-sized casserole dish

Ingredients and Directions

- 3 or 4 boneless chicken thighs, cut in half
- 1 medium onion, chopped
- 2 tablespoons of butter (you can use olive oil)
- 1/4 cup flour
- 2 cups of milk

- 1 package frozen spinach, thawed and drained
- 3 or 4 artichoke hearts cut in pieces (buy these in can or jar)
- 1 cup of shredded cheese
- Salt and pepper to taste

Sauté onion in oil or butter.

Add the chicken thighs and cook until browned.

Mix the flour with the milk and add to the pan and mix well.

Then add the chopped spinach and artichoke hearts, stirring until well blended.

When all ingredients are cooked, place in a greased casserole dish.

Top with shredded cheese.

Bake in a 350-degree oven until the top is bubbly.

Christmas Parade Theme Contest Entries Due Oct. 6

The Christmas Festival Committee announces the theme contest for the Quincy Christmas Parade is now underway.

The Committee is seeking public nominations for the theme of the 70th annual parade which will be held on Sunday, Nov. 26th.

The parade theme plays a significant role in float preparation for the annual event and is an important step in planning each year's parade.

The contest is open to all, and the winner will receive a gift and be invited to ride in a vehicle in the parade on the Sunday after Thanksgiving.

NQHS Class Of 1978 Reunion Oct. 28

North Quincy High School, Class of 1978 announces plans for their 45th year class reunion.

Class officers Donna Chiampa and John McDonald invite alumni and their guest to attend the 45th class reunion on Saturday, Oct. 28, from 7 to 11 p.m. at the Squantum Yacht Club, 646

Quincy Shore Dr., Quincy.

Tickets are \$45 in advance and \$55 cash at the door. Tickets can be purchased online at www.eventbrite.com/e/nqhs-78-class-reunion-tickets-7811850455?

To purchase tickets by mail make check payable to: North Quincy High School,

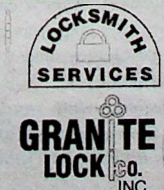
ing.

All entries must be received no later than 4:30 p.m. Friday, Oct. 6.

Entries should be mailed to Christmas Festival Committee, One Merrymount Parkway, Quincy, MA 02170.

Class of 1978 and mail to: JM Productions, P.O. Box 2313, Quincy, MA 02269-2313. For more information visit the NQHS Class of 1978 Facebook or Eventbrite pages or contact John McDonald at jfm@jmproductionsresents.com or 1-857-333-4199.

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- Cloned/Transponder Keys

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- Combinations Changed
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- Baldwin/Emtek Hardware
- Rekeying/Lockouts

755 Southern Artery, Rte. 3A Quincy, MA 02169

"Rock Solid Security"

Mayoral Candidate: Challenger Anne Mahoney

Cont'd From Page 7

everybody who lives here in the city of Quincy.

I also believe in accountability and transparency, so I believe that in a Mahoney administration, that we will be showing you where your money is being spent and build out budgets that are transparent for people to be

able to see. You'll be able to look online to see where the projects are, where your CIP monies are being spent. You'll be able to easily understand what projects are being invested in, where the money is coming from, and how the project is going — the development phase, when it's going to be com-

pleted, and where expectation is. Same thing with your CPA monies. We'll be able to show you where that's going.

Also what I really like to think is when it comes to our schools, we will be building out, because there are so many new people coming here to the city of Quincy. We will be really focusing on making sure that our schools are safe and inclusive and that our teachers are supported, and the same thing with our police to make sure that they're being able to work collectively with the city of Quincy, and our fire department, to be able to make sure they're provided the safety and the necessities that they need to be able to do their jobs and protect our community.

Do you have any new initiatives that you would introduce shortly after being sworn in?

I think the first thing that we would do after being sworn in, and I've said this all along and I would do this in any business that I go

into, is an assessment of the city of Quincy — where we stand currently at that mid-term to be able to see what our finances are, what projects are, how far along we are on things, what things haven't started — so we can assess what we need to do, how we can do to complete those projects, and do it in a fashion where we're being able to be accountable to the taxpayers of the city of Quincy.

Then, as we move forward, we will build out that process of a master plan, a housing plan, and work really closely with the state to make sure we're solving the problem with the MBTA. We really need the MBTA, the Red Line, to work. Other communities on the other side of Boston got new stations. We just need the Red Line to be able to work.

Voters should elect me mayor because...

Because I think Quincy is at a change right now — we're ready for change. That doesn't mean this is about

the current administration. It really just means that the state of the city where we are now, we're ready for a fresh perspective to come into City Hall to start opening up that transparency for people to know where their money is going and to be inclusive of all of the people who live here in the city of Quincy, so that nobody feels as though if they ask a question, they're not part of a solution. They are part of the community and their voices are being heard.

To really listen to what people want in the community and reassess that every 10 years, whether it's myself or someone else in office, we have to constantly be looking at who is making up our community and how we're best able to serve that the community that we're being elected to serve.

I truly believe that is a different campaign than I've ever run before. The essence of what we're feeling and how propelled we are by the answers we're getting from

people in this grassroots campaign, and the people who are coming to help in this campaign, has been just so rewarding. It has been exciting and there is definitely an energy for change.

We really want people to know, and I say this all the time, that when we do take over the office it will be about today and going forward. We won't spend a second going back and pointing fingers. We're just going to really manage the city going forward with the hopes that we can build a city that we can all be very, very proud of.

I'm extremely excited about the campaign and the positivity that has been coming from this election — I've done this a lot — it's been pretty exciting and we're very hopeful and I know a lot of other people are too. But what I like to tell people as much as it's my name on the ballot, it's their change they're asking for, so they get to paint the canvas of where we go.

Social Security Matters Will Opening A Joint Account Affect My Disabled Father's 'SSI'?

By RUSSELL GLOOR

National Social Security Advisor

at the AMAC Foundation, The Non-Profit Arm of the Association of Mature American Citizens

Dear Rusty: I live in Michigan and my senior disabled father lives in rural Kentucky. His income is part Social Security and part disability. I talked to a local credit union near his home and explained I would like to open a joint account. They said as long as he comes in with his ID it's possible. My question is - will adding money to our joint account affect his SSI and disability? **Signed: Caring Daughter**

Dear Caring Daughter: First, I need to clarify that there are two types of disability programs administered by the Social Security Administration — Social Security Disability Insurance (SSDI), and Supplemental Security Income (SSI). The acronym "SSI" normally refers to "Supplemental Security Income" which is a benefit for disabled senior adults (and children) who have very little income and very few assets. "SSI" is not Social Security income; rather it is a general benefit program jointly administered by the Social Security Administration and the State in which your father lives. In contrast, Social Security Disability (SSDI) benefits are earned from working and are not affected by the recipient's assets, as are "SSI" benefits.

From what you've written, I assume that your father may have a small Social Security retirement benefit (because he has reached his full retirement age and SSDI isn't available after full retirement age), and he is also receiving Supplemental Security Income (SSI) disability benefits. If this is the case, although your father's Social Security retirement benefit would not be affected by opening a joint account at the credit union, his Supplemental Security Income (SSI) disability benefit likely will be. As co-owner of the joint account your assets would count towards your father's "SSI" asset limit, and your assets, as well as any "in kind" assistance you otherwise provide, would likely put your father over the SSI income/asset eligibility limit and result in his SSI benefits being terminated.

So, although the credit union may be willing to open a joint account for you and your father, I'm afraid that would result in your father losing his SSI (Supplemental Security Income) benefits, leaving him with only his small Social Security retirement benefit. You may wish to review the SSI eligibility information at this link: www.ssa.gov/ssi/eligibility or you could contact the Social Security Administration and ask to speak with someone experienced with Supplemental Security Income matters. For clarity, "SSI" assistance is jointly administered by the Social Security Administration and each State's Human Services department, and assistance available varies somewhat depending on the recipient's state of residence. Thus, since your father lives in Kentucky, you might also contact that state's human services agency to discuss your options for providing remote assistance to your father without jeopardizing his Supplemental Security Income (SSI) benefit: www.chfs.ky.gov/Pages/contact.aspx.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

QHS/NQHS Hockey Hall Of Fame Golf Tourney

The first annual Quincy High School/North Quincy High School Combined Hockey Hall of Fame Golf

Tournament will be held Monday, Oct. 2nd at Braintree Golf Course.

The cost is \$150 per golfer

or \$30 if you would plan on attending the dinner after only.

This includes greens fees, carts, breakfast, a golf shirt, lunch and prizes.

If you can't make the golf portion, hole sponsorships are available for \$100, with your signs posted at a tee box as recognition.

Any raffle donations

would be appreciated.

Registration is at 8 a.m. and a shotgun start at 9 a.m. to follow.

Proceeds are to help defray tuition costs for NQHS and QHS (William Hutchinson Scholarship) players.

Tax ID 04-3563118.

Contact Matt Giordani at 617-910-6944 for prepayment information.

QHS/Vo-Tech Class Of '78 Reunion Nov. 25th

The Quincy High/Quincy VoTech Class of '78 will gather for its 45th reunion on Saturday, Nov. 25th from 7 to 11 p.m. at the Braintree Moose Hall, 175 Howard St. in Braintree.

All classmates are invited to attend. Music will be provided by Big BUT-TAH Sound and DJ, playing songs from all the decades.

Price is \$50 per person. A \$25 deposit is required by mid September or as soon as possible to hold your place. The balance is due by Oct. 15. Many thanks to Susan Buttomor Prue for wrangling this event.

Payment can be made by check or Venmo.

Send a check payable to: Susan (Buttomor) Prue, PO Box 408, Lenoir, NC 28645. Please note QHS/QVTS on check.

For Venmo, email Susan at ondaroad24@gmail.com and she will provide

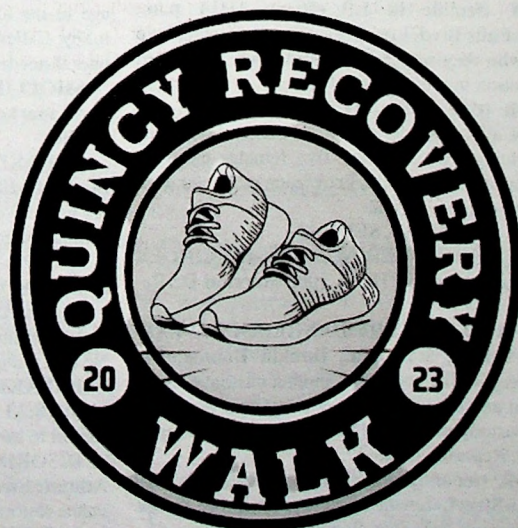
it. Have a question? Contact Susan at ondaroad24@gmail.com.

September 24, 2023 / 9:30 - 12:30

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Summer is coming to an end and kids are back at school. We would like to highlight a few other programs that our officers organized. The first is our summer DARE camp. It is a two-week camp, in the middle of July, for Quincy students who will be entering the sixth grade.

Our DARE Officers Sautter and Reeves spent a lot of time planning great team building exercises, field trips and hosted several speakers on varying topics. The Quincy Police School Resource Officers Sweetland and Mahoney assisted, in addition to Quincy High School students who worked as peer leaders. The camp is an expansion of the DARE curriculum taught by our DARE Unit Police Officers throughout the school year to fifth graders. The focus is to empower the kids with the knowledge of the risks and dangers of drug and alcohol abuse.

The Quincy Police Department also held its first annual Youth Police Academy, for middle school students to attend learning many of the responsibilities police officers are tasked with daily. The department utilized the Shannon Community Safety Initiative Grant in order to partially fund

A Job Well Done

By OFFICER GREGG HARTNETT
Public Information Officer
Quincy Police Department

this program for residents to attend.

During the day, officers and supervisors from several divisions of our department taught blocks to the junior officers. The goal was to instill confidence while creating team building with the campers and the officers. Campers participated in mock traffic stops, crime scene procedures, K-9 and SWAT demonstrations, civilian active shooter response and were brought by our Marine Unit on a tour of the Boston Harbor Islands.

We thank the guest speakers, our public safety partners from the QFD and Brewster Ambulance as well as our community partners for their support and generosity funding this great camp. These programs, as well as our "Cops in the Parks" program, have provided an enhanced relation-

ship with the youth within our community.
Job Well Done!

On Saturday, Sept. 9, at approximately 8:23 p.m., Sergeant Keenan and Officers Levine, McNeil and Le were dispatched to the area of Eastern Nazarene College for a group of unruly protesters. It was reported that a group of 25 to 30 males were in the street with a banner and had lit road flares. The group refused to speak to the police. Officers monitored the crowd to ensure they did not trespass on the property of the college, private residences or violate any Massachusetts general laws or city ordinances.

Due to the officers quick response and presence, the crowd dispersed without incident. Officers continued to patrol the area throughout the shift to ensure it remained safe for all of our residents. We continue to remain vigilant in that neighborhood due to ongoing attention to the college. We encourage our residents to report any suspicious activities and if encountered, we urge residents not to not engage these groups.

Job Well Done!

QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, SEPT. 8

RECOVERING/VEHICLE (PA registration), 12:28 p.m., Fort Street and School Street. Recovered motor vehicle, Philadelphia PD sent locate notice.

LARCENY (wallet), 2:09 p.m., CVS Pharmacy, 626 Southern Artery. Gone on arrival. Case number provided. Report filed.

RECOVERED VEHICLE, 2:28 p.m., Christopher/Adams Sts., Dorchester. Boston PD has recovered a 2007 black Honda Element. Recovered by Boston PD at Adams Street at Christopher St. Owner of the vehicle notified. The vehicle was reported heavily damaged.

DISORDER (yelling), 7:17 p.m., Kendrick Avenue. Caller said in the middle of Kendrick Avenue there is a family who is sitting on their lawn screaming at people as they drive by. Checked area. Unfounded. Officers will patrol area.

SATURDAY, SEPT. 9

DISORDER (drive thru), 12:20 a.m., Wendy's Restaurant, 191 Newport Ave. Caller stated customer is in a black sedan, is harassing staff and keeps asking for their phone numbers, keeps driving around the parking lot. Person gone on arrival. Employees advised if the party comes back to call.

VANDALISM/PROPERTY (car egged), 10:07 a.m., Bayview Avenue and Sea Street. Case number provided.

DISORDER (road rage), 11:11 a.m., Hughes Street. Road rage incident. Black Chevy red writing on side. Heading on Independence Avenue. Gone on arrival.

VANDALISM/PROPERTY (slashed tires), 12 noon, 30 block of Booth Street. No suspect information, no cameras to where cars were parked. Both right side tires slashed and left rear. Case number provided.

SHOPLIFT (just happened), 9:52 p.m., Walgreen Pharmacy, 418 Quincy Ave. Male wearing hat with a Patriots shirt running behind bank on Southern Artery. Behind bank. Gone on arrival. Suspect took food items. Store to handle.

SHOPLIFT (female in LP office), 11:14 p.m., Walmart, 301 Falls Blvd. Loss Prevention requesting help to ID female who they stopped for shoplifting. Trespassed by Loss Prevention in presence of officer.

DISORDER (two males), 11:51 p.m., Palmer and Shed Streets. Caller states he was driving by and observed two males fighting. No weapons. Two females trying to break it up. Appeared both males knew each other and were young. Gone on officers' arrival.

SUNDAY, SEPT. 10

BREAKING AND ENTERING/MOTOR VEHICLE (past), 12:34 a.m., Marriott Hotel, 1000 Marriott Dr. Report to be filed.

ASSAULT AND BATTERY/DANGEROUS WEAPON (just occurred), 5:44 a.m., Dunkin Donuts, 543 Southern Artery. Caller states that another customer threw a coffee at him and his vehicle, other party now inside the store. One in custody assault and battery/dangerous weapon to wit a coffee. Report to be filed.

DISORDER (tenant/male yelling), 10:10 a.m., 60 block of John Street. Tenant upstairs is throwing things. He is at caller's back door now. Report to be filed.

DISORDER (male), 12:51 p.m., Home Depot, 465 Centre St. Arguing with staff. Last seen heading in direction towards train station. Male party gone on arrival. No crime was committed. Party trespassed by manager in presence of Officer S. Brown.

DISORDER (customer/owner), 12:57 p.m., Blue Hill Gas, 552 Willard St. Customer only asked for \$20. Peace restored and sent on way. Case numbers provided.

DISORDER (customer/employee), 2:13 p.m., Seven Eleven Store, 76 Franklin St. Unwanted in the store, from arguments in the past, she can be aggressive will not leave store. No weapons. Female was gone on arrival.

SHOPLIFT (just occurred), 6:57 p.m., Walmart, 301 Falls Blvd. Two juveniles advised and picked up by parents. The store retrieved the items. Both youths trespassed from the store.

LARCENY/MOTOR VEHICLE (scooter stolen), 8:15 p.m., Stop and Shop Supermarket, 65 Newport Ave. Report to be filed.

DISORDER (arguing), 10:35 p.m., 130 block of Willard St. Unfounded. Caller states male is yelling at someone in a vehicle. Caller believes he is trying to get that person out of the vehicle. Nothing showing in the area.

MONDAY, SEPT. 11

SHOPLIFT (multi items), 2:18 a.m., Seven Eleven Store, 75 Copeland St. Stole change, food and other items. Headed towards the fire station. Suspect trespassed by store employee in officer's presence. Items returned.

LARCENY (money), 7:37 a.m., Marina Bay Skilled Nursing, 2 Seaport Dr. Money stolen from one of the apartments. Report to be filed.

SHOPLIFT (alcohol), 8:23 a.m., Walgreen Pharmacy, 132 Granite St. Male stole a bottle of gin. Located near Boston Market. Trespassed by store manager in the presence of Ptl. Tervakoski.

VANDALISM/PROPERTY (white bench), 9:41 a.m., low numbers of Bayview Avenue. Backyard bench is destroyed. No vandalism. Bench was rotted. Advised.

LARCENY (past), 1:19 p.m., 100 block of Village Drive. Report to be filed.

ASSAULT (A&B), 2:59 p.m., Burgin Parkway Ext. and Centre Street. Report to be filed.

DISORDER (customer/owner), 3:57 p.m., Quincy Auto Service, 305 Quincy Shore Dr. Over tools. Some tools recovered. Advised other tools will be a civil matter. Peace restored.

LARCENY (package), 4:20 p.m., 1000 Southern Artery. Happened last weekend. Someone took caller's package in the lobby. No suspect info and no cameras in the lobby. Caller just wanted it documented and will call back later if needed.

SHOPLIFT (watching one), 5:04 p.m., Stop and Shop Supermarket, 65 Newport Ave. Gone on arrival. Store to handle.

BREAKING AND ENTERING/PAST, 7:34 p.m., 40 block of Mill Street. Caller said a male party walked into his house while he was inside. Report filed. Suspect to be summoned to court.

TUESDAY, SEPT. 12

DISORDER (two males yelling), 3:25 a.m., 1000 Southern Artery. Caller can't see them, only hear two males yelling at each other obscenities. Unable to locate. No one screaming or arguing. No signs of disorder.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 8:33 a.m., 900 block of Furnace Brook Parkway. Report to be filed.

DISORDER (with parking), 10:21 a.m., 140 block of Atlantic Street. Male out of car yelling at caller. Road rage. Peace restored.

LARCENY (aircon system), 10:44 a.m., 30 block of Newport Avenue. Property at construction site, air conditioning systems are missing. Report to be filed.

DISORDER (male arguing), 11:30 a.m., FedEx, 520 Commander Shea Blvd. Package handler is yelling, will not leave. Arguing with other employees. Sent on way. Peace restored.

BREAKING AND ENTERING/PROGRESS (possible break), 4:10 p.m., 60 block of Thoreau Road. Unable

to locate female. Report to be filed.

SHOPLIFT (Hispanic male), 5:28 p.m., Target, 289 Hancock St. Suspects trespassed and sent on way. Target got items back.

SHOPLIFT (past), 6:55 p.m., Dollar Tree, 100 Granite St. Area checked, unable to locate suspect.

ASSAULT DANGEROUS WEAPON (neighbor), 9:22 p.m., low number of Buckley Street. All involved parties located, neighbor issue. No firearms located. Two counts assault/dangerous weapon, one count open and gross. Report to be filed.

RECOVERED VEHICLE, 9:54 p.m., Walmart, 301 Falls Blvd. Parked out back, unoccupied and confirmed stolen. Vehicle recovered and towed by Beades. One arrest made and summons to be filed. Report to be filed.

SHOPLIFT (detained), 10:03 p.m., Walmart, 301 Falls Blvd. Trespassed and sent on way.

WEDNESDAY, SEPT. 13

SHOPLIFT (past), 10:30 a.m., Home Depot, 177 Willard St. Over \$1,000 of merchandise taken on Monday. Caller is in the police lobby. Report to be filed.

DISORDER (road rage), 11:15 a.m., 400 block of Hancock Street. Following caller and throwing things at her car. Both parties advised. Peace restored.

DISORDER (in Uber), 2:50 p.m., 470 Southern Artery. Peace restored. Sent on way.

SHOPLIFT (detained), 6:44 p.m., Home Depot, 177 Willard St. Suspect trespassed by Loss Prevention in front of Officer Paccioretti.

LARCENY (credit card), 6:03 p.m., 45 Brackett St. Report to be filed. Case number provided.

THURSDAY, SEPT. 14

ASSAULT (assault/road rage), 9:50 a.m., 40 block of Beale Street. Report to be filed.

SHOPLIFT (male), 10:15 a.m., TJ Maxx, 100 Granite St. Male walking towards Burgin Parkway. Store got product back. Suspect gone on arrival. Store to handle.

LARCENY (leaving), 12:48 p.m., Home Depot, 465 Centre St. Stole tools. Court complaint and report filed.

SHOPLIFT (just leaving), 2:20 p.m., Stop and Shop Supermarket, 65 Newport Ave. Two suspects trespassed by Loss Prevention in Officer Farina's presence. Items returned, parties sent on way.

DISORDER (over found scooter), 2:23 p.m., Dollar Tree, 100 Granite St. Peace restored.

LARCENY (ongoing), 2:33 p.m., Chipotle Mexican Restaurant, 68 Newport Ave. Suspect in a red Nissan. Continues to come in and steal pick up orders. Report to be filed.

LARCENY (packages), 2:47 p.m., low numbers of Miller Stile Road. Stolen from the front door. No suspect info. Case number given.

SHOPLIFT (just happened), 5:18 p.m., Ocean State Job Lot, 141 Newport Ave. Sergeant has one detained on Fayette near Stop and Shop matching description. Trespassed and sent on way.

SHOPLIFT (two suspects), 5:34 p.m., Home Depot, 177 Willard St. One male and one female concealing items in the hardware section. Trespassed by Loss Prevention and sent on way.

VANDALISM/PROPERTY (slashed tires), 6:10 p.m., 40 block of Cross Street. Caller states that someone slashed her tires last night. Report to be filed.

VANDALISM/PROPERTY (scratched car), 6:15 p.m., 60 block of Spear Street. Occurred Aug. 13. No suspect info. Case number provided.

DISORDER (ongoing), 6:52 p.m., Fenno Street. UPSP and bicycle driver. No weapons seen. Caller states that the bicycle driver is trying to provoke the USPS driver to get out of the truck and fight him. All involved left the area.

DOVE 18th Annual 'Harvesting Hope' Fundraiser Oct. 20

By JESSICA COHEN

DOVE (DOMestic Violence Ended), Inc.

This past July DOVE (DOMestic Violence Ended) Inc., celebrated its 45th anniversary serving survivors of domestic and partner violence. For nearly half a century, DOVE has been providing life-saving services throughout Norfolk County. What started as an emergency shelter and a volunteer-led hotline has grown into a robust community organization.

Today, DOVE staff are in 8 local police stations, present at Quincy District Courthouse, presenting in 21 middle and high schools, and growing their outreach efforts with partnering supporters and organizations all with the shared goal of providing preventative and responsive services to families and individuals experiencing domestic and partner violence.

On Oct. 20th DOVE will hold its 18th annual fall fundraiser, Harvesting Hope at the Boston Marriott Quincy. Each year during the gala DOVE honors individuals as Pillars of Hope awardees. The Pillar of Hope Award honors individuals that have made a difference in the lives of those impacted by domestic and partner violence. This year DOVE has chosen two members of our community who have done just that.

DOVE understands the power of community. Strong communities working together foster DOVE's core values of hope, healing, safety, and social change. Local photographer, Lindsay Hite, has worked hard to build her own community on the foundation of inclusivity and empowering all humans. Lindsay first became connected to DOVE on the recommendation of her followers. Lindsay shares, "DOVE was by far the resounding choice by many people, including people who spoke up and said they had worked with DOVE, volunteered for DOVE etc." In the years following Lindsay has hosted a wide array of events which have all benefitted DOVE in one way or another. "I personally know people whose lives have been changed by DOVE's services and as long as there is a need, I will continue to support organizations doing this important, lifesaving and life changing work."

The second 2023 Pillar of Hope is DOVE's own Maureen Flores. As DOVE celebrates its 45th anniversary, long time staff member who is better known as "Moe", has just hit her 30th anniversary with the organization. Moe's story began in 1992, "I found refuge in DOVE's Emergency Shelter with my two children. I had been in a 15-year marriage that in the end, left me feeling less than a human being. Finding DOVE saved not only my life but the lives of my children who are now the most amazing individuals I know." Though she has held multiple positions in her time with DOVE, Moe is most known for building the Civilian Advocacy program within the police stations. When asked what she wanted folks to know about DOVE, Moe shared, "I would love for everyone to know about the staff. Even though there are different staff who work for DOVE now, there is one common thread. The Staff are consistently wonderful, unique, helpful and supportive. This is what survivors need the most, the amount of care, empathy and compassion we hold as a staff continues to be as true today as it was back in 1992."

Join Lindsay, Moe, and the whole DOVE community at the Boston Marriott Quincy on Oct. 20th as we come together to care for survivors so they can thrive; nurture advocates and their work; and plant seeds of change to end domestic and partner violence.

Tickets are on sale at www.dovema.org/hhtickets. We look forward to celebrating with you.

Embracing Change

By LORI SCOTT

CHANGE. The only constant there is in life, suggesting that nothing stays the same forever. The season of change is upon us. To some, this may feel exciting and to others, this change may cause anxiety. Sometimes, change is embraced when we're ready for it and some changes can be very difficult to accept.

Perhaps you are experiencing grief or loss, which can be the most difficult change of all. It's important to be gentle and patient with yourself as you navigate through all the stages of your grief. When the change isn't easy and requires us to really step out of our comfort zone, that's when it has the greatest impact.

It takes courage to grow, learn from our lessons and become resilient to change. Mindfulness practices can offer us new perspectives allowing us to sit with the inevitable changes life brings. Awareness teaches us a skillful response rather than an unskilled reaction.

Try this simple activity. Bring your hands together and interlace your fingers. Notice which thumb rests on top. Now separate your hands. Bring them together again, but this time, place the other thumb on top. Feels strange, right? Now separate and fold again, going back to the comfortable way. Keep going, switching back and forth a few more times. With a little time and practice, we find comfort in the new way. Rather than seeing change as an adjustment, think of change as an awakening!

I realize some changes in life are not that simple, but this is just a reminder that we'll be okay if we change our story. As long as the sun goes up and down and the tides go in and out, with time and evolving circumstances, everything will change. The real question is - how are you going to handle these changes in life?

Here are a few things to consider as you welcome change:

Learning the meaning and message behind the change is helpful. Is this change moving your life in a positive or negative direction? Understanding that either way, it's okay for things to change. When you brought your hands together a minute ago, it was unfamiliar but you knew there was no reason to be afraid and so you welcomed the challenge with curiosity.

Embracing change as a process. Once you look at change as a process, you'll feel a change in your thinking. When you saw yourself moving forward with folding your hands in a different direction, you began embracing the process. The first time felt awkward and uncomfortable, then a little messy as you worked through it, and then... an awakening!

Once you've embraced the change, you'll be one step closer to accepting it. This part comes naturally because now you understand the truth behind the change.

Begin applying the change. Now that you've accepted it, you automatically begin applying it. You're not afraid of change anymore and you embrace it naturally. You understand the process, you mastered the inconvenience, you know that things will be okay and you're ready for the next one.

Expect change. Life is a cycle where everything starts anew so if you expect things to change, then you become less overwhelmed when it happens. Understanding that this cycle will eventually lead you to a different experience, you may feel a sense of balance that this too, shall pass. Knowing that tomorrow promises to bring different changes, you may be able to appreciate what's in front of you today. Trusting the process helps us embrace the moments of NOW with gratitude.

Create a little space between the change and your reaction. Welcome a moment to sit and take 5 deep breaths

MONTHLY MINDFULNESS

By Lori Scott, E-RYT 500

OWNER OF LORI SCOTT YOGA & WELLNESS



before you react to a situation. Giving yourself space allows wisdom and clarity to surface. Folding your hands in a different direction required some patience and a practice of self-regulating the mind. This process of learning to unlearn is achieved when we just sit. So, take a moment.

Understand your needs. Just like you would shift your physical body to a more comfortable position on the couch, know when you need to make a shift in your life. Understand when it's time to take a break from activities that do not support your growth. That includes people too. Invite those people in who are able to respect and honor your transformation. As you understand your needs during times of transition, you open up space for fresh, honest relationships and exciting new opportunities to come into your life.

If nothing changes, nothing changes. If you are considering a big transition in your life, maybe this simple but powerful phrase will help inform your decisions. Sometimes you just need to take your life in a radical new direction and that can feel scary. But, trust that you have the power to get through uncomfortable things. You already changed the course of things today, you shifted your story.

Manifest your transformation. Write down what your change looks and feels like. How do you envision this change? Why do you need this change to occur in your life? Your intentions will always lead you in the right direction. Then, take action!

Welcome September with new intentions. Every single day is a new chance to begin again. We don't have to wait for New Year's Day to start over. Now is the perfect time to find balance and refocus your intentions. Today's invitation is to sit comfortably, take a long deep breath and repeat these phrases: *In this moment, I am free from stress. I am letting go of my worries. I nurture and accept myself. I feel an abundance of gratitude for everything I have and receive every day. I am open to new thought patterns. I am open to feeling change within my body. I allow life to carry me to a new place. I trust the process.*

Practice embracing change with us and join our yoga community! Our welcoming, non-competitive, loving community meets on Wollaston Beach (across from Hollis Ave) every Sunday at 8 am through the end of September. Class is for all levels, beginner friendly. No yoga experience, flexibility or sign up needed. Together, we practice breathing, slowing down and having some fun. 'Easy like Sunday morning' is our motto! Class is \$15/p.

Lori is an experienced 500 hour Certified Yoga Teacher with Yoga Alliance, Founder & Director of her Registered Yoga School (RYS 200) and a Yoga Alliance Continuing Education Provider. Lori specializes in leading retreats, certification programs, 200 hour Yoga Teacher Trainings and facilitating Meditation and Stress Management classes for local corporations.

In addition to teaching yoga, meditation, wellness classes & workshops, Lori is a trained Trauma-Conscious Yoga Teacher offering free yoga to Service Members, Veterans & First Responders. Lori also holds certifications in Clinically-Informed Restorative Yoga, Kids Yoga, Seniors Yoga, Chair Yoga, Balanced Athlete® and Barre. Lori is mostly known in the community for teaching her signature Beach Yoga classes.

www.loriscottyoga.com.

Fundraiser Thursday To Benefit Project Purple

William James Gifts, 1543 Hancock St., Quincy, will be hosting a pop up fundraiser to benefit Project Purple on Thursday, Sept. 21 from 6 to 8 p.m.

William James Gifts will donate a portion of their sales to Project Purple.

Project Purple is a non-profit organization started in

2010 to empower the fight against Pancreatic Cancer. They are leaders in pioneering advancements and bringing hope to those affected by Pancreatic Cancer.

Project Purple understands the toll pancreatic cancer takes on individuals, families and communities. They are committed to fight-

ing this disease until we all live in a world without pancreatic cancer.

William James Gifts believes in giving back to the community that gives us so

much. If you can not join us in person, a portion of online sales that day will be donated as well, you can shop at www.williamjamesgifts.com.

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Mite Box Thrift Shop Hours

Mite Box Thrift Shop at the Parish of St. Chrysostom, 1 Linden St., Quincy, is open Wednesday and Fridays. 10 a.m. to 3 p.m. and Sunday 12:30 to 4 p.m.

The shop is also open the first Saturday of the month from 10 a.m. to 3 p.m. The next Saturday opening will be Oct. 7.

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Quincy Real Estate Transactions Sept. 11 - Sept. 15

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Neponset Bay Realty LLC
Hong T. Tran
Liam J. Fleming
Marie T. Williams, Michele M. Khoury,
Susan L. Comoletti & Janet M. Naymie
Xiao Fu & Kye Z. Liang
NQ3 Development LLC
Piotrowski Realty Trust
John A. Daly
Twenty-Four Curtis Avenue Irrevocable Trust
Quincy Shore Realty Trust
Derek H. Mendes & Johanna M. Rodriguez
Anthony J. Campisi
Peng Jin & Zhongling Li
Robyn A. McNemar
S & P 500 Realty LLC
Agustin & Beltran Chow

BUYER

Brandon Tang & Marc P. Heddy
Eileen Mai
City of Quincy

Rong Zhan Wu & Qingshan Cen
Michael C. & Gabrielle M. Miller
Tiffany M. Jao
Xiao Han & Hui Lin
Daniel Ridge & Michelle Inglis
Truong D. Le & Thao P. Ha
Ryan & Oanh L. Tran
Jianquan Fang & Jianqin Tan
Thi H & Danh T. Nguyen
Aiyu Chen & Yangkui Li
Manoj Muniswamaiah
Ying Zheng & Xian D. Wan
Rui G. Zhang & Mei M. Lin

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\$264,000.00
\$2,100,000.00
\$800,000.00
\$665,000.00
\$720,000.00
\$785,000.00
\$300,000.00
\$620,000.00
\$700,000.00
\$664,000.00
\$739,000.00
\$539,000.00
\$455,000.00
\$838,000.00
\$650,000.00

ADDRESS

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422 Hancock Street Unit 6
45 Spear Street & 47-49 Spear Street
46 Edgemere Road
18 Cliveden Street Unit 501W
511 Hancock Street Unit 503
16 Dunmore Street
10-12 Curtis Street Unit 2
24 Curtis Avenue
1390 Quincy Shore Drive
165 Old Colony Avenue
42 Essex Street
158 Quincy Shore Drive Unit 81
200 Falls Boulevard Unit I103
321 Beale Street
44 Dimmock Street

Ask Barbara Graceffa: Bring The Aesthetics Of Joy To Your Home Décor

By BARBARA GRACEFFA

I just finished Ingrid Fetell Lee's wonderful book, "Joyful: The Surprising Power of Ordinary Things to Create Extraordinary Happiness." She writes, "There's no method you need to learn, no discipline ... to impose on yourself. The only requirement is ... an openness to discovering the joy that surrounds you." She says everything we need is "right at our fingertips."

The author identifies 10 aesthetics of joy – energy, abundance, freedom, harmony, play, surprise, transcendence, magic, celebration, and renewal. Devoting a chapter to each aesthetic, she explains its signature elements, and use in décor and ambience, architectural features, fashion, places, and activities and experiences, as well as things to avoid.

The appendices include a tool kit, project worksheets, and what she calls the joyful palate offering examples of all of the aesthetics. In this column and the next, I would like to share those that relate to home décor.

"Color is energy made visible," Lee tells us. Surround yourself with warm, saturated, and bright colors, especially yellow. In addition to color, find joy in energy's signature elements of sunlight and dynamic lighting. When it comes to décor, Lee invites us to add small pops of bright color, to paint walls white or light colors or to add a mural, to reup-

holster old furniture, and to install full-spectrum light bulbs in our home. Stay away from gray, beige, and other dull hues, and dim lighting. Architectural features which exude energy include windows that allow ample sunlight - so pull back those curtains or take them down all together.

Achieve the abundance aesthetic with multiple colors, polka dots, stripes, layered patterns, and textures in fabrics, wallpaper, and tiles to bring you joy. Lee suggests you can display lots of art or decorative objects you like and to layer multiple patterns in your home. The abundance aesthetic is not for those who prefer a minimalist décor. It's all about maximalism and the design element of repetition.

Choose every-day objects and room plans that are natural, open, and unrestrained to realize the freedom aesthetic. Downsize overly large furniture, add houseplants, and display natural objects like shells in the summer and pumpkins in the fall. You can even add artwork of landscapes or

seascapes. When renovating, consider removing walls for an open floor plan and adding glass doors that open to the outside.

Stay tuned to learn more about using harmony, play, surprise, transcendence, magic, celebration, and renewal aesthetics to inspire you to make small changes in your home to help spark extraordinary happiness.

Quincy's Barbara Graceffa is president of Secretary of the Interior, offering creative solutions at reasonable rates. She is the author of the new book, "Inside Information: Secrets from an Interior Decorator."

Learn more about her decorating and decluttering services and workshops at www.sec-interior.com, follow her blog at secretaryinteriordecorating.blog and enjoy her art quilts on Instagram @secretaryinteriordecorating.

You can reach her at 617-921-6033.

Register William O'Donnell, QATV's Mark Crosby Earn Experimental Access Center Professional Award

Norfolk County Registrar of Deeds William P. O'Donnell and Mark Crosby, Government Access Co-

ordinator, QATV, recount the road that led them to creating "History Comes Alive, Norwood Town Hall" and

winning the "Best of Experimental Access Center Professional" award presented by the Alliance for Community Media Foundation at the 2023 Hometown Media Awards this summer.

The journey began, like many things, with a spark of inspiration, which soon grew into a shared vision. O'Donnell and Crosby recognized the importance of sharing the history of Norfolk County in a format that

would both inform and entertain viewers.

"Inspiration can come at unexpected moments and from the most unlikely sources," said Crosby. "The idea for this piece came while watching Italian movie director Dario Argento's film, The Stendhal Syndrome; the movie introduced me to a medical condition in which an art observer can become

Cont'd On Page 20

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Housing Authority Proposes 16 New Affordable Housing Units

By SCOTT JACKSON

The Quincy Housing Authority is seeking permission to build two new buildings on Bicknell Street in Germantown that would include a total of 16 apartments, all set aside for affordable housing.

"This will actually be the first time since 1976 that Quincy Housing Authority has developed any affordable housing, which is desperately, desperately needed in the city," said James Marathas, the executive director of the housing authority.

Marathas pitched the proposal to construct the two new buildings to the Planning Board during its meeting on Sept. 13. The board could approve the proposal as soon as Nov. 8.

The buildings would be constructed by the Quincy Development Corporation, an arm of the housing authority, Marathas stated.

"Quincy Development Corporation is a non-profit entity of Quincy Housing Authority that was established several years ago," he said.

"The purpose initially was to assist the residents and to improve the lives of the residents that live in affordable housing; it was to do fundraising and to have events and to raise money to be able to do things for the folks in public housing that we couldn't do otherwise with state and federal funds.

"From that, we began to evaluate of purchasing our federal public housing from HUD."

The Quincy Housing Authority oversees two different types of public housing, Marathas explained, one backed by state funding and the other with funding from the federal Department of Housing and Urban Development, also known as HUD.

"The federal public housing, HUD has been actively trying to get rid of. They've been enticing housing authorities to partner with private developers and take over the federal public housing portfolio and turn it into project-based Section 80 developments," Marathas said.

The housing authority has been working on plans to acquire the federal properties it oversees for several years, Marathas said, and will close on O'Brien Towers in Germantown and Pagnano Towers in Quincy Point on Oct. 30. The housing authority plans to close on Riverview Apartments in Germantown and West Quincy's Drohan Apartments in the future as well.

"That will eliminate all of the federal public housing portfolio in Quincy and it will turn it all over to Quincy Development Corporation," Marathas said, later adding those properties

would remain as affordable housing in perpetuity.

"Quincy Development Corp. will have these properties, will be the owner and the manager of the properties. Quincy Housing Authority will continue to manage the day-to-day operations of those properties, and they will be held as affordable units in perpetuity," he said.

The pending transfer of O'Brien Towers from HUD to the Quincy Development Corporation frees up the land at 59 Bicknell St., which is located in front of the apartment building, for development, Marathas said. That property consists of 36,747 square feet of land, or about 0.84 acres, and is zoned Business B.

The housing authority is seeking to construct the two new four-story buildings on that lot. Each floor would include a pair of two-bedroom apartments, for a total of

eight units per building and 16 units overall. Each building would have a finished basement that QHA could use for its services.

The four units on the two buildings' first floors would be handicap accessible. Neither building will have an elevator; Marathas said purchasing two elevators would add \$1.5 million to the project's \$5 million price tag, which he called a deal breaker when it comes to keeping all 16 units as affordable housing.

In addition to the buildings themselves, the housing authority's plan includes a total of 42 parking spaces. Marathas said that many of the residents at O'Brien Towers do not have cars and instead use public transportation, a QHA shuttle bus, or bicycles to get around.

During the public hearing on the proposed buildings, Ward 4 Councillor

James Devine said he was impressed with QHA's plan.

"This is amazing," he said. "I hope to see more of this because it seems to be a no-brainer."

Planning Board member PJ Foley commended the housing authority on the upcoming acquisition of the federal properties.

"HUD might want to divest itself of those properties that you're going to acquire, but they wouldn't if you weren't doing such a nice job there," he said. "They absolutely would not. Congratulations on that too, that acquisition."

Following the public hearing, the matter was continued to the Planning Board's Nov. 8 meeting. That will give city departments time to review the proposal and will also be the board's first meeting following QHA's acquisition of O'Brien Towers.

Quincy Fire Dept. Annual Retirement Banquet Oct. 3

The Quincy Fire Department, IAFF Local 792 will hold its annual retirement banquet on Tuesday, Oct. 3 at Florian Hall, 55 Hallett St., Boston.

Cocktail hour begins at 6

p.m. and dinner begins at 7 p.m.

This year's honorees are: Deputy Chief Kevin P. Bythrow, Master Mechanic Michael D. O'Connor and Firefighter Thomas F. Bamberg. All active and retired

members are invited to attend and honor the careers of these members.

The department extends congratulations to this year's retirees and their dedicated years of service to the residents of Quincy.

Volunteers Needed For Neponset River Fall Cleanup Saturday

The Neponset River Watershed Association (NepRWA), in collaboration with a coalition of partners, announces the Neponset River Fall Cleanup will be held Saturday, Sept. 23rd, from 9 am to 12 noon at various cleanup sites, including Canton, Dorchester, Hyde Park, Milton, Norwood, and Quincy.

Volunteers of all ages and skill levels are needed. Children under 12 are welcome, but should be accompanied by an adult.

Pre-registration is appreciated for planning purposes. During registration, you'll have the opportunity

to select your preferred cleanup site. NepRWA will provide essential equipment on-site, including trash bags, gloves, tools, and waders.

NepRWA is on a mission to not only beautify the community green spaces by removing litter and debris but also to rejuvenate the overall health of the Neponset River. Sean McCanty, the River Restoration Director at NepRWA, emphasizes the pivotal role played by our dedicated volunteers in enriching wildlife habitats and expanding recreational opportunities for all.

"Our cleanups are not just about sprucing up our

local green spaces; they are about breathing new life into the Neponset River ecosystem," McCanty explains. "Our volunteers' commitment is essential to making these habitats more inviting for diverse wildlife and ensuring equitable access to recreational activities for all."

For more information on how to get involved in the Neponset River Cleanup visit www.neponset.org/cleanup or contact NepRWA Environmental Fellow, Benji Marques, at marques@neponset.org or 781-575-0354 x313.

Councillors Accept DARE, Animal Shelter Donations

By SCOTT JACKSON

City councillors unanimously accepted donations benefiting the DARE program and the Quincy Animal Shelter during a recent meeting.

Councillors accepted the donations during their meeting on Sept. 11, the first regularly scheduled City Council meeting of the fall.

Those donations include \$3,500 for the DARE program. The program received \$1,000 each from Capital Waste Services, Colonial Federal Savings Bank, and Twin Rivers Technologies, plus \$500 from MJ Nichols Landscaping.

Councillors likewise accepted \$675 in donations from various donors for DARE Camp.

In addition, a donation of \$100 from Richard Cox to the Quincy Animal Shelter was accepted.

Councillors began the meeting on Sept. 11 with a

moment of silence in observance of the 22nd anniversary Sept. 11, 2001 terrorist attacks.

"Twenty-two years ago today was the horrific attack on US soils," said Council President Noel DiBona. "Please never forget the 2,977 people that died. Please keep their families and friends in your thoughts and prayers."

The Quincy Fire Department had held its own ceremony earlier in the day recognizing the 22nd anniversary of the attacks, with members of the Quincy Police Department and EMS personnel on hand. Speaking at that evening's council meeting, Ward 5 Councillor Charles Phelan Jr. commended the city's first responders for continuing the annual ceremonies.

"I really want to give kudos to the Quincy Fire Department and the police

and all our first responders for continuing to remember that," he said. "I think it's a great thing that we do, that we don't forget, we keep alive the memories of those people."

DiBona also recognized the passing of Richard Meade. Mr. Meade, the chairperson of the Quincy Planning Board and the city's former planning director, died unexpectedly Aug. 1 at the age of 77.

"Richie touched many lives and will sadly be missed by all of us here," DiBona said. "He's just a book of knowledge and wealth that will be unmatched through all of the different administrations that he's been a part of — he was still up here as the Planning Board chair."

"Please keep the Meade family in your thoughts and prayers. I think about him quite a bit."

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Ask John Paul: AAA New England's Car Doctor
Senior Manager, Public Affairs and Traffic Safety

I have a 2011 Honda CR-V that I bought new. It has 79,000 miles and runs fine. I have taken good care of it and always used high-quality gasoline. To pass inspection the upper catalytic converter and exhaust manifold needed to be replaced, at a cost of almost \$4,000. I was surprised that it failed so soon. I have driven several Toyotas and other cars over 100,000 miles and never had a catalytic converter fail. Could it have been defective or is there another reason it failed so soon?

Normally catalytic converters are designed to last the life of the vehicle. That being said, catalytic converters can fail early from overheating, chemical contamination, poor fuel quality, weird fuel additives, alcohol, and faulty sensors. As an example, a faulty coolant sensor or oxygen sensor that causes the car to use too much fuel can overload the converter and cause it to fail. The same type of issue is if you had a spark plug misfiring it will overheat the catalytic converter. The code is most likely a P0420 and although the converter could be faulty an exhaust leak could be the cause. The price of \$4,000 is a little high but the shop may be adding time for rusty bolts. You may be able to save some money with a fully compliant aftermarket converter. Talk to your shop and they will know which ones work best.

I recently had an issue with my 2017 Toyota RAV4 air conditioning which stopped cooling when I turned it on. All I got was warm air and the settings were correct. I called my dealership and was told by the service representative that they would have to drain my air conditioning refrigerant and then put a dye in to see if there was a leak. The cost for that alone would be \$299 and then depending on what they found, there would be an additional cost to repair it. Is this standard procedure for my issue? It just seemed like a money grab to me. After talking to my son, he suggested that I purchase a can of A/C Pro with a hose and my son showed me how to use it and we fixed the problem, and it continues to work fine. Should that have been the first step for the dealership?

In my opinion both options are wrong. Adding refrigerant without knowing if something else is wrong can cause an issue with overcharging. Evacuating the system without knowing if there is an electrical problem first is not a great diagnostic procedure, either. In both cases some basic testing should be performed first. The good news is that the air conditioner works, the bad news is that there is most likely a leak. The AC-PRO (a good DIY product) does have a sealer that could slow or even stop a leak.

I am an artist and recently purchased a used minivan for going to craft fairs and shows to sell my art. The good news is the family I purchased it from only used it for vacations and as a spare vehicle. The bad news is every state park or attraction they went to they put bumper stickers all over the back hatch. The paint is generally in decent shape. How do I remove the bumper stickers, without damaging the paint?

Start with giving the car a good wash and then with a hair dryer or heat gun (set on low) warm up the sticker to soften the glue. When it is warm to the touch try to grab the edge of the bumper sticker and once you are able to lift it off, fold it over on itself and continue to apply heat. This is sometimes referred to as 180-degree release which works better than pulling the sticker off at a 90-degree angle. Once you remove the stickers clean up the glue with an adhesive remover such as Goo-Gone or even WD-40 can work. The adhesive remover will also remove the wax, so wash and wax the car to protect the paint.

I recently purchased a 2008 Lexus ES350 with 79,000 miles and it is in remarkable shape considering its age. The gas door states Premium 91 octane gas only. The gas stations have Regular-87 octane, Special 89 octane, and

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Email John jpaul@aaanortheast.com

Super, 93 octane gas. Which do you recommend I use?

According to the Lexus website 91 octane fuel is the minimum recommended, so that would be premium -highest grade at most pumps. But it is just a recommendation - not a requirement. At AAA we did some very scientific testing on vehicles that recommend premium fuel and we found in just about every case that using 87-octane fuel had no or little effect on fuel economy or performance. If you did notice a very slight reduction in fuel economy and performance, in my opinion it is not enough to justify the 75 cents difference in cost. Readers, if your vehicle requires premium fuel, you must use it, but if it is recommended you have a choice.

My wife is pursuing a new car purchase. She is hot-trot for an EV. I think it might be a few years too early to make that move. "Gas" mileage is a big concern, as her driving is about one hundred miles per day, three days a week. She tends to keep a vehicle for about 10 years. I am concerned about initial purchase costs, battery/running distance between charges and the battery life itself. I'm a gas guy all the way, so my opinion is a bit biased. What are your thoughts?

Electric cars are great, but they are not for everyone. Most new electric cars have at least a 200 miles range, most are closer to 250 miles. Most EV owners will charge at home with level II charging using 240-volts and will wake up each morning with a full charge. Relying on public EV charging can be a challenge depending on where you live. As an example, the nearest Level II charging for me is a 30-minute ride, Level III high speed charging is a bit further. Although I am not a leasing person, if I were to get an EV I think I would lease, since the technology is changing so rapidly. Electric vehicles and their batteries haven't changed much in the first 100 years, but technology has changed exponentially in the past 10 years, mostly due to Tesla. My fear would be what is cutting edge today could be a relic in a few years with poor resale value.

I have a 2021 Subaru Crosstrek with only 9,000 miles on it over 30 months of ownership. I drive five to six times a week for "around town" appointments and occasional longer trips. My dealer suggested I get a trickle charger to maintain the battery. Is this the right application for a trickle charger? If so, how should I actually use it since I do drive a little most days? Lastly, any suggestions for a specific model to consider?

Some Subaru models have had issues with battery failure, and most have been remedied with a computer update that changes the charging system profile and larger capacity battery. Driving it every day will help ensure the battery stays charged but usually those trips need to be 7-10 miles or so. A trickle charger can work but might be a bit of a nuisance since you would need to disconnect it every time you use the car. If you are not having a problem perhaps charge the battery once per week when the car is idle for the day. The charger that I have used is the Deltran Battery Tender, it plugs into a house outlet and then plugs into or clips onto the battery. The other charger is the CTEK, both chargers are designed to safely charge and maintain the battery.

I have a question on a battery change on a 2016 Toyota Highlander. After the new battery was installed, the car seemed peppier and had a little better miles per gallon. Would a computer reboot do that?

When the new battery was installed, it could have reset the throttle and shift patterns of the transmission. Today



JOHN PAUL
AAA's Car Doctor

many vehicles adapt to their drivers and overall driving habits. Replacing the battery without using a memory-saving tool would in fact reboot the car's computer system and could change how the car behaves.

How much will be the service charge for the replacement of the four engine mounts of a 2002 Mini-cooper?

First it is a bit odd that all the motor mounts would need to be replaced. At the Car Doctor virtual garage, the total cost of the mounts would be about \$550 and the labor to install them would be \$420. This would be for parts purchased from the dealer. Aftermarket motor mounts would be about half the cost.

I have a 2018 Subaru Crosstrek which I purchased new from a dealer. It has about 35,000 miles. I put on more of the miles when I previously lived in a more rural neighborhood. It doesn't have the many safety features that newer cars have. Would it be wise to trade it in now for a new vehicle with newer safety features? It runs well and I only replaced the brakes and brake pads this past year. Also, are there other cars in a similar size or slightly larger than you would recommend more than the Crosstrek?

Used car prices have cooled down a bit but your car is worth more today than at almost any other time. The issue is new car prices are also at an all-time high (maybe cooled a bit also, but not much). If you wanted the latest and greatest features, and you are willing to pay for a new model, this would be the time to trade. I would also check with online car buying services such as Vroom, Carvana and CarMax, to at least see what they are quoting for a value of your current car. The Subaru Forester is easy to recommend, good room plenty of safety features and you may find you will get a better trade at a Subaru dealer. I would also look at the Hyundai Tucson, Honda CR-V and Toyota RAV; all three of these vehicles are easy to recommend. Additionally, they also have hybrid options for improved fuel economy and performance.

This is not really a car question but would like your thoughts. I noticed many new cars on the road have LED lights. Some of the more expensive SUVs have small lights. Another nickel and dime project moving away from big red stop lights. My question is why manufacturers do not make amber turn signal lights standard equipment on all vehicles. Years ago, we had it, but we moved away from this. Safety-wise, it is much easier to see and certainly brighter than red turning lights. What is your opinion on this issue?

Rear lighting and all-automotive lighting need to pass DOT rules (usually Society of Automotive Engineer's suggestions) The smaller LED lights are quicker responding and I am guessing based on rule making meet the rules for brightness. Amber to me makes sense because of the sharper contrast between the red brake and running lights. Realistically the LEDs can probably be adapted to turn amber or red depending on what turns them on. It is interesting that the same car in Europe will have amber turn signals and red brake lights, but yet here that car may have just a red lens, perhaps cost saving or aesthetics?

When should I change the coolant and transmission fluid on my 2016 Mazda 6? I tried getting info from my manual and found it difficult to understand and the dealer just told me it should be done. I just want to see it in writing before I spend the money.

According to the database I use, which gets its information from the vehicle manufacturer, the coolant should be changed at 120,000 miles. The transmission fluid is considered a "lifetime fill." Now this can change if there are leaks, or heavy-duty use, such as towing a trailer or using your car as an Uber or Lyft vehicle. For average drivers, the Mazda is a low maintenance vehicle, and the levels should be checked periodically there is not much to worry about.

I have been reading your column for quite some time, and I enjoy it. I am curious however, that you consistent-

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Ask John Paul: AAA New England's Car Doctor Senior Manager, Public Affairs and Traffic Safety

Cont'd From Page 14

I prefer the RAV4 or Rogue over the Forester, yet Consumer Reports has voted it the best small SUV for the last 10 years. I bought a used 2020 and am very happy with it, other than at highway speeds, it is noisy inside. Could you give me some insight as to your preferences?

I prefer the Toyota RAV4 for reliability, comfort and the availability of hybrid option. The Nissan Rogue is a vehicle that I have never been a big fan of, although for 2023 Nissan seems to have gotten many things right. Previous models had transmission issues as well as some premature rusting. Lately Subaru vehicles have been quite good – I can easily recommend the Forester due to its active safety equipment, superior performance in the snow and overall engine reliability. Previous Subaru models from 2010 to 2014 or so had engine problems, 2015 to 2018 or so had some electrical issues (dead batteries after only a day or two of sitting, early models would rust out.) Today, Subaru and especially the Forester are nicely appointed vehicles, solid engines, and good on-road performance. Would I buy a Subaru – yes.

I was listening to your radio program, and you mentioned that the Kia EV you were driving did not come with a charging cable. Why? And what did you do?

Apparently Kia wants journalists to experience public charging rather than level I charging at home. Public Level II charging is pretty good, and Level II is still the best option for home charging but still only adds about 20-30 or so miles of range in an hour. Using a Electrify America's 350KW charging station was able to charge the battery from 10 percent up to 92 percent in 20 minutes at a cost of less than \$10. Since then, I now have a Juice Booster-2 <https://juice.world/en/product/juice-booster-2/>. This is a complete kit that plugs into everything from a 15-amp 120-volt outlet to a 240-volt outlet. I have been using a NEMA 5-20 adapter, which plugs into a 20 amp 120-volt outlet. From my limited testing the Juice Booster 2 does an excellent job on overnight charging with both a fully battery electric vehicle and plug in hybrid.

I have 2020 Toyota Camry hybrid (now with 53,000 miles) which I purchased as a certified pre-owned car. This may be the best car I have owned with one exception: the front brakes squeak. I returned to the dealer, and they checked everything and said the brakes looked fine. Any ideas how to get rid of the noise?

Toyota did come out with a fix, although a bit pricey. The fix requires replacement of the calipers with an updated design, new caliper mounting hardware and updated pad and shim kit. If you can live with the noise, perhaps wait until the brakes need replacement.

I have a 2015 Honda CR-V Touring edition and love it. This year the CR-V Touring edition is available as a turbocharged hybrid. Has there been any feedback because of these changes?

I recently road evaluated the Honda CR-V and what is interesting is Honda does not actually promote the hybrid other than it is in the higher trim levels. The lower trim levels use a 1.5-liter turbo charged engine whereas the two (soon to be three) higher trim levels use a two-motor hybrid system that features an updated 2.0-liter DOHC four-cylinder Atkinson-cycle engine. Fuel economy during my road test was about 38 miles per gallon. Improved over your last CR-V, among other things are increased rear seat room, quieter ride with less road noise. Things I still do not like are the infotainment system is fussy and distracting and due to the hybrid battery, there is no spare tire. But overall, the CR-V is a particularly good vehicle and easy to recommend.

I am thinking about a new car. My current car is a Toyota RAV4 and I found a local Subaru dealer who unlike some other dealers is not marking up their cars due to "supply chain" issues, which I'm not sure I believe. What are your thoughts on the Subaru Outback or the Forester?

Subaru vehicles have just gotten better over the years, (yes there were battery problems) but I believe because the basics haven't changed dramatically the incremental improvements have made for a better vehicle. Of the two vehicles I prefer the Forester, the standard 2.5-liter engine does a respectable job, that same engine strains a bit in the bigger Outback (the turbo-engine would be a better choice). Both vehicles have great standard safety features with the Forester returning a bit better fuel economy. Either car would be an excellent choice.

I have a key fob that I want to program for my Hyundai Santa-Fe. It is a used car that I purchased, and it only has one fob, and I found an aftermarket fob online for \$50. The dealer wants to charge me \$250 to program it and \$500 if I buy the fob from them. They told me they

do not normally program aftermarket fobs. I have been looking online and found a scan tool, from XTOOL, the model is D8 which if I program two keys would pay for the tool. Any thoughts on this tool?

All I know about this tool is what I have seen online, and it certainly appears to offer a lot of features for a relatively low price. For consumer level scan tools, I like the tools from Innova as well as their Repair Solutions2 companion app. Although at this time I do not believe they have a tool that can program key-fobs. Shop owners tell me that they like the Launch and Autel, bi-directional scan tools, in addition to their traditional scan tools from OTC or Snap-On. I hope to be testing the Xtool scanner in the near future. Readers, have you used the Xtool scan tool and what do you think? Email me at jpaul@aaanortheast.com.

On my 2005 Toyota Highlander with 112,000 miles I noticed the AC compressor was running rather short. It would cycle on for about seven seconds and then off. So, I took out the radiator and blew out the AC condenser fins. The fins were not very dirty, but when I used the AC again, the compressor stayed on for about 14 seconds, so I think it did some good. For the past 18 years I have noticed that when I turn off the AC compressor, the site glass runs solid, which the Toyota repair manual says, the system is overcharged. I have never added freon. This is the way it was made in Japan. I have had no repairs on the AC system, and it still works fine.

Just like a home AC system, if the condenser is dirty and the fins are plugged up, the system will not cool properly. Still cycling every 14 seconds is a bit quick, even after the system has reached the proper cabin temperature. But if the car is cool and you are comfortable, call it a win and enjoy the rest of the summer.

My daughter has a 2007 Jeep Liberty. The manual says to use transmission fluid in the power steering. Should I use transmission fluid or dedicated power steering fluid? I know that was a practice to use transmission fluid back in the day.

I would use Chrysler or equivalent ATF+4 fluid, that is the specified fluid. This fluid is readily available and since that is what the manufacturer recommends, that is what I would use.

I have a two-door 1979 Gran Prix Pontiac with 24,000 miles on it. The car is all original, everything works including the radio and air conditioner. It has always been garaged and is in perfect condition. I would like to know what I could ask if I were to sell it?

You might want to get the car appraised due to the mileage and the condition. The average price is about \$8,000 with some classic car specialty sites quoting \$15,000 in excellent condition. Although the car is 44 years old, it isn't exactly a sought-after collectible. Still, I suspect it may be worth more to the right person providing the car is rust free. Even though used car prices have come down in recent months, the prices are still crazy and to the right buyer they may be willing to pay up to get a good daily driver antique car.

I have an older Honda CR-V and it has been a very good car. I'm looking at a new CR-V, possibly a hybrid, but I'm concerned with some recent engine issues that I have read about online. Thoughts?

Over the past five years or so, the CR-V has had some issues with oil dilution. This was primarily on vehicles driven short distances and the engine oil never fully heats up to remove the contaminants. The repairs have been a combination of software updates and fuel injector replacement. Recently I drove the 2023 Honda CR-V hybrid and found it to have grown over the years, the ride is stable and reasonably quiet. The hybrid drivetrain was completely transparent switching from electric to gas operation. Fuel economy was in the high 30s which I considered quite good. If I was looking for faults the infotainment system is somewhat distracting and due to the hybrid battery pack, there is no spare tire.

I have been reading your columns for years and listening to you on the radio since you were on the Talk America radio network, maybe 25 or 30 years. So, you are no kid, and either am I. My question is do you still work on your own cars?

Yes, when I can, over the years I have given away many of my tools and also now don't have access to a garage. But still there are some things that I will still repair. Although recently, our older VW Beetle that we keep on Cape Cod, the check engine light came on. After a scan of the computer and a few tests, the issue was the cooling fan was failing. The repair requires removing the front bumper cover and both front fenders, something I wasn't going to attempt at home. In this case I purchased the best aftermarket fan unit

I could find (VW parts were nearly \$1,500 and the aftermarket was \$550) and had an AAA Approved garage install it for me. The money was well spent.

I'm looking at a 2002 Itasca Motor home. It is 32 feet long and has two slide outs and has some updates, new mattress, televisions and sink and facet. They are asking \$25,000 and when it was new it was well over \$100,000. What do you think?

Buying a 21-year-old motor home is like buying an old car and old house combined. Itasca is made by Winnebago so most parts should be easily available. I would look at this vehicle as two separate systems. Starting with the chassis and drivetrain. Have the engine and transmission inspected, tires, climate control, brakes and suspension as well as all electronics. Then I would look at the house, both the electrical, including the generator and batteries, air conditioner, appliances, water and waste tanks as well as checking the roof, windows and slide-outs for leaks or previous water damage. If it all looks good, go see the USA.

I have an old Chevy and from time to time it goes into "limp" or low power mode. This happened when we had a 10-degree day this past winter and now when the temperature was in the mid-90s. On other days the truck runs great with no problems. I will say I have seen several fault codes when the lights come on. Once I clear the codes as long as the temperatures are not too hot or cold, no codes. Any ideas?

You didn't mention the year and engine but typically the two main parts are the throttle body and the accelerator position sensor that can cause a low power light. Although I am not a fan of replacing ECMs (computers) since most turn out to be fine, the multiple codes could indicate a problem with the computer or power and ground to the computer. As a test when the truck is running well, take out the ECM and keep it overnight in the freezer. If the engine runs poorly after you reinstall the computer, there is most likely a poor solder connection on the computer board.

Registration Open For Quincy Recreation Adult Cornhole League

Quincy Recreation announces registration is open for its Adult Cornhole League, which will be starting its inaugural season on Thursday, Sept. 28th.

The League will be split into two divisions – Competitive and Social – and is open to all Quincy residents age 21+. Games will take place from 6-8 p.m. at Adams Field across six Thursdays, beginning on Thursday, Sept. 28th, and culminating with a league tournament on Thursday, Nov. 2nd.

Teams may consist of up to four players and the cost to join the league is \$80/team. Registration can be completed online at www.QuincyRec.com. The team captain will register for the entire team (each individual team member does not need to register separately).

For additional information regarding the Quincy Cornhole League, visit www.QuincyRec.com or call the Recreation Office at 617-376-1394.

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STATE SECRETARY of Housing and Livable Communities Ed Augustus addresses a community meeting about migrants being housed at Eastern Nazarene College.



STATE SECRETARY of Health and Human Services Kate Walsh addresses a community meeting about migrant families being housed in Quincy.



EASTERN NAZARENE COLLEGE Vice President of Academic Affairs Bill McCoy answers questions from residents about migrant families being housed at the college.

Welcome Center Meeting Draws Concerns, Support

Cont'd From Page 3

the street in danger."

During the 40 years the law has been in place, there have been spikes in the numbers of families needing shelter, Augustus said. The number of families needing shelter rose from 3,800 in January to 6,100 in August and stood at 6,400 as of Sept. 12, he stated, adding that "We are now in a period of unprecedented demand on our shelter system."

"That has caused us to try to comply with the law, meet the humanitarian needs of the families who are before us, opening shelters at a rate, a pace, that is really unprecedented," Augustus said. "As we've done that, we have not always been able to give the communication and notice that we would ideally like to do in more normal times."

The state is operating family shelter sites in more than 80 municipalities across Massachusetts, Augustus said; many of those communities, including his hometown of Worcester, have multiple sites.

Walsh said the Family Welcome Centers, like the

one at ENC, are meant to be "safe and effective ways to meet the needs of the families as they present to us and also keep the communities where they end up residing safe." Families receive assistance at the centers, including childhood immunizations, physical and behavioral health screenings.

"Many of these families have traveled very long journeys and have been traveling literally for years to get to our country and they've been victims of trauma and challenges in their own countries that we can't imagine frankly," Walsh said.

"We're trying to make sure the people are cared for, their needs are met, that they are registered for the benefits they are legally eligible for, and they are working with the team...to place them in a hotel where they can be safe and restart their life here in our country."

More than 350 families have been served at the Family Welcome Center at ENC since it opened on July 31; there is space on campus for 58 families at a time. Most of the families stay



DAURICE COX, executive director of Bay State Community Services, addresses a community meeting about migrant families being housed in Quincy.

there for three to five days before placement in a shelter elsewhere in the state.

The families are in the United States legally having been granted parolee status at the border, Walsh added later in the meeting.

McCoy said the college "arrived in this conversation because we had some

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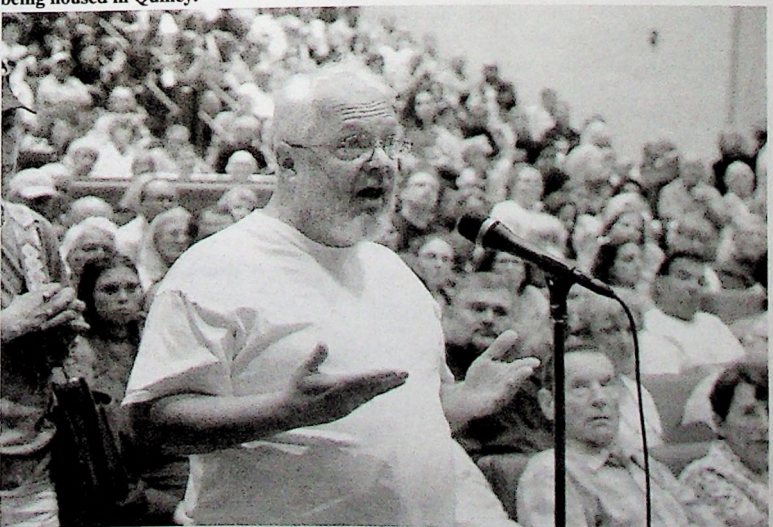
PATRICK DENNIS of AMI Healthcare addresses a community meeting about migrant families being housed at Eastern Nazarene College in Quincy.



SISTER TESS BROWNE, of the Sisters of the Nazarene, speaks in favor of migrant families being housed in Quincy.



MIMI BALSAMO shows her support for migrant families being housed in Quincy.



BILL BURKE questions local officials as to how long the contract Eastern Nazarene College has with the state to house migrant families.



MAYOR THOMAS KOCH answers residents' questions over safety concerns of migrant families being housed in the city.



SIGNS IN SUPPORT AND OPPOSITION to migrant families being housed in Quincy greeted attendees to a community meeting on the matter at Central Middle School.

Quincy Sun Photos/Tom Gorman

Welcome Center Meeting Draws Concerns, Support

Cont'd From Page 16

space on our campus that was underutilized." ENC had previously opened up dorm space to Quincy College students, for example, he noted.

"It was because we were out and looking for opportunities to leverage those underutilized spaces that we did learn about this particular need over the summer," McCoy said.

Allowing the Family Welcome Center to open on campus also provides new opportunities for ENC students, he added, and aligns with the school's Christian tradition.

Following the panelists' remarks, Koch opened up the meeting to questions and answers. The mayor asked that speakers identify themselves but not all did so.

William Doyle said the state's right to shelter law can be amended and urged everyone in the room to lobby for a change.

"The governor and the legislature can change this very quickly. We as a room here, we want to fight. We want to call the legislature, call the governor, and tell them to amend this law. Why? Because we cannot sustain this many people in our state. We cannot pay for this," Doyle said.

"Tell them we've got to amend this law otherwise we're going to kick you out of office."

David Carter said he did not want the migrants in Quincy.

"We have enough homeless people in Quincy as it is. How much is Eastern Nazarene being compensated per family - there's got to be a dollar amount," Carter said. "Anybody who leaves there in an ambulance, you guys would pay for. It shouldn't come out of my tax money. I don't want them here."

(In response to his question, Walsh said ENC was not being paid on a per person basis.)

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SIGNS FOR AND AGAINST migrant families being housed in Quincy are displayed at the entrance to Central Middle School where a community meeting on the matter was held.



RESIDENTS IN FAVOR and against migrant families being housed in Quincy show their stance on the matter as they stand on Hancock Street outside a community meeting at Central Middle School.

Welcome Center Meeting Draws Concerns, Support

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A handful of other residents shared similar sentiments though not all gave their full names. Another handful of residents identified themselves as immigrants and suggested the families served by the welcome center should have followed the same rules that they did when they came to the US.

"I am a legal immigrant in this country, and we waited in line many years. My family and I immigrated here. As soon as we arrived, we started working and did not apply for any government benefits, not like these new immigrants," one resident, who identified himself only as Terry, said through a translator.

"I am a US citizen and I want to thank this country and Quincy. This is a very welcoming place. At the same time, I know we need rules, we need laws, we need regulations."

In response, Augustus said the migrant families served by ENC — many of whom are from Haiti — fled war or unrest in their homeland, just as people coming from places like Ukraine or Afghanistan did. The migrants want to work but are awaiting federal authorization to do so, he added.

More than a dozen residents voiced their support for the migrants.

"I just want to say thank you very much for doing important work under difficult circumstances," said James Ikeda. "I am of the very controversial opinion that I think all people deserve to have a home and I am not in the business of hierarchizing who is more or less important on any basis whatsoever. For those of you who are very angry



CENTRAL MIDDLE SCHOOL auditorium was filled Sept. 12 with hundreds of residents voicing support and concerns during a community meeting over migrant families being housed at Eastern Nazarene College. Quincy Sun photo/Tom Gorman

about immigration policy or the rest of it, as a historian, you may want to do a little bit of research on the history."

"I think my parents would be like rolling in their graves if they saw the hate in this room for immigrants, because my entire family is here because of immigrants from France, Canada, Italy and I have nieces and nephews who were born of immigrants," said Veronica Bertrand.

Linda Stice, a former School Committee member, said it pained her that the Sept. 12 meeting and an earlier one at Beechwood Knoll both took place inside

Quincy Public Schools.

"You could show up in Quincy Public Schools with your neo-Nazi uniform on, spout your xenophobia and your hatred to the office, and what do you think would happen when you left — what would happen to your child?" she said. "I'll tell you exactly what happens. Every child — that child, your child — would be treated by Quincy Public Schools as God's gift to the school system, because that's what every child in the school system is."

"But, when they come to the Quincy Public Schools... they are not taught to hate."

The meeting at Central

Middle School was held days after about two dozen members of NSC-131, a neo-Nazi group, demonstrated outside the Family Welcome Center. Several residents who spoke during the community meeting expressed concerns for their safety in light of the incident.

Koch said the city's police department, which responded to the scene, was ready to intervene if necessary.

"Our police department is an excellent police department. We are well staffed. We actually have the highest number of patrol officers in more than 40 years, so the neighborhoods are well staffed," the mayor said.

"What happened the other night was a bunch of outside, ignorant fools. The police were monitoring it closely. People have con-

stitutional rights and police were prepared if they crossed the line."

McCoy, the college vice president, thanked the Quincy Police Department for its response to the demonstration. NSC-131 has a pattern of short demonstrations that "push right up to the edge of what is legal...but manage to inflict maximum psychological terror on their targets," he added, and also have a pattern of showing up once and not returning.

Several residents asked how they could support the migrant families at ENC. Cox, the president of Bay State Community Services, said information on donations and volunteer opportunities was available on the organization's website.

Others asked if any children from the welcome center were being placed in

the Quincy Public Schools. Koch said none of the students were enrolled in the school system and they were unlikely to do so in the future given that families are only at the college for three or five days. In other communities where migrant children are enrolled in local schools, the state does reimburse the school district, he added.

A number of other local elected officials were present for the meeting, but did not speak. They include Sen. John Keenan, Rep. Tackey Chan, Councillors at-large Noel DiBona, Nina Liang and Anne Mahoney, Ward 4 Councillor James Devine, Ward 5 Councillor Charles Phelan Jr., and School Committee members Paul Bregoli, Tina Cahill, Kathryn Hubley, Emily Lebo and Frank Santoro.

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Public Access Channel 8

Thursday, September 21
6:00pm: Bethany Congregational Church
7:00pm: QHS vs. Concord-Carlisle Football 9/14

Friday, September 22
11:30am: LIVE: Currently in Quincy
7:00pm: AM Quincy: State Rep. Tackey Chan

Saturday, September 23
12:00pm: New Squantum School Meeting 9/14
2:00pm: NQHS vs. Braintree Football 9/15

Sunday, September 24
11:30am: Good News
1:00pm: The Call

Monday, September 25
11:30am: LIVE: Currently in Quincy
7:00pm: LIVE: Mayoral Debate

Tuesday, September 26
12:00pm: Mayoral Debate (replay)
8:00pm: Mayoral Debate (replay)

Wednesday, September 27
6:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday September 21
4:00pm: Board of License Commissioners 9/12
5:00pm: Zoning Board of Appeals 9/1

Friday September 22
10:30am: Health Links
6:00pm: Good Deeds: Quarterly Update

Saturday/Sunday, September 23/24
9:30am: For Your Health
10:30am: Quincy Rec Dept: Project Bigfoot
12:00pm: City Council 9/18
3:00pm: Concerts @the Crane: Echo Bridge Cello
4:00pm: Board of License Commissioners 9/12
5:00pm: Zoning Board of Appeals 9/12
7:00pm: City Council 9/18

Monday September 25
3:00pm: Concerts @the Crane: Echo Bridge Cello
6:00pm: Quincy Rec Dept: Stand-up Quincy

Tuesday September 26
4:00pm: LIVE: Board of License Commissioners
6:00pm: LIVE: Zoning Board of Appeals

Wednesday September 27
7:00pm: City Council 9/18

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

Crane Public Library To Host Virtual Climate Change Presentation With NASA Scientist Dr. Elizabeth Hoy

Director Sara Slymon announces the Thomas Crane Public Library will host a virtual event on "How NASA is Combating Climate Change," led by NASA scientist Dr. Elizabeth Hoy, on Friday, Sept. 29 from 2 to 3 p.m. virtually via Zoom.

To register for the event, visit the Thomas Crane Public Library website.

The program will be recorded and all registrants will receive a recording of

the presentation via email within 48 hours of the program.

Dr. Hoy has over 10 years of experience with the NASA Carbon Cycle and Ecosystems Office and NASA Goddard Space Flight Center.

During the event, participants can learn about the efforts of NASA researchers who are currently examining Earth to understand climate change, storms, fires,

and where people fit into all of it, including an active mission to study climate change in northern regions of the world.

Studying arctic systems since 2005, Hoy's research interests include geography and disturbance mapping within the high northern latitude regions of North America, where she utilizes geographic information systems and remote sensing to understand aspects of environmental change.

Leaders Celebrate Permanent Universal Free School Meals

Gov. Healey Visits Snug Harbor School

Gov. Maura T. Healey and Lt. Gov. Kim Driscoll hosted a press conference Sept. 14 at the Snug Harbor Elementary School in Quincy, to celebrate her administration delivering permanent universal free school meals for K-12 students in Massachusetts.

The governor was joined at the celebration by House Speaker Ronald J. Mariano, Chair Aaron Michlewitz, bill sponsors Representatives Tackey Chan and Bruce Ayers, and Erin McAleer, the president and CEO of Project Bread, all of whom highlighted the impact the program is expected to have in addressing hunger and advancing equity for students across the state.

"We're making school lunch and breakfast free for all students permanently in Massachusetts," said Gov. Healey. "By delivering universal free meals, this administration is making clear that nothing is more important than ensuring our kids are fed, healthy, and ready to learn and play and grow."

"Universal free school meals are an investment in childhood nutrition, ensuring each of our school-aged students has access to the healthy food they need to fuel their learning," said Lt. Gov. Driscoll. "This policy is also removing a source of stress from families and schools, leading to one less task for parents to complete in the morning, and making sure no student feels stigmatized or ashamed for accessing the food they need."

The fiscal 2024 budget that Governor Healey signed on August 9, 2023 delivered \$172 million in permanent state funding to provide universal free school meals for K-12 students. This funding, paired with federal reimbursement for eligible meals, means that all students who attend schools that participate in the National School Lunch and Breakfast programs are entitled to one free lunch and breakfast each school day.

"During my 12 years as a teacher in the Quincy Public School System, I saw up-close just how important it is to ensure that a student's ability to focus and ultimately succeed in the classroom is not affected by their family's financial circumstances," said House Speaker Ronald J. Mariano. "I'm incredibly proud that Massachusetts will be one of the first 8 states to permanently provide free school meals for all students, a vital initiative that furthers the

Commonwealth's role as a national leader in education. I want to thank Chairman Michlewitz and my colleagues in the House, as well as the Healey Administration, our partners in the Senate, and the folks at Project Bread for recognizing the critical nature of this program, and for working to make it a reality."

"Making school meals free for students in Massachusetts will keep our young people focused on learning and provide financial relief for families who will save hundreds of dollars per student every year," said Senate President Karen E. Spilka (D-Ashland). "It's a proud moment for me—and for our entire Commonwealth—to know that our students and their families will have one less thing to think about before heading out the door for class every morning."

"Our families, schools and communities are stronger when kids don't have to worry about where their next meal is coming from and when school staff don't have to worry about whether their students are hungry," said Quincy Mayor Thomas Koch. "We are honored to welcome Governor Healey, Lieutenant Governor Driscoll and Speaker Mariano to Quincy today to celebrate this policy that will have widespread positive impacts for our city."

"Making school meals free for all is a historic victory for Massachusetts families and children. It will have a lasting impact on the health and wellbeing of an entire generation. We are so grateful to Governor Healey, the legislature and the thousands of advocates across the Commonwealth who took action for our kids. It is an incredible example of the change that we can make when we all come together around a common purpose," said Erin McAleer, president and CEO of Project Bread.

Universal free meals began as a national program with federal funding during the pandemic, and Massachusetts continued it on a trial basis. With this year's budget, the Healey-Driscoll Administration, along with partners in the legislature, are making the commitment permanent. From now on, free, nutritious meals will be available to all students without stigma — helping ensure that students are better prepared to learn. By being one of the few states continuing this transformative program, Massachusetts is leading



GOV. MAURA HEALEY (at podium) visited the Snug Harbor Elementary School in Quincy Sept. 14 to announce permanent universal free school meals for K-12 students in Massachusetts. Officials joining her at the press conference included (from left to right) Mayor Thomas Koch, Erin McAleer, president and CEO of Project Bread; House Speaker Ronald Mariano (D-Quincy), Quincy School Supt. Kevin Mulvey and Lt. Gov. Kim Driscoll. Photo Courtesy Kelly Powers/QPS

the way in addressing child nutrition, child hunger, and taking a more holistic approach to student needs.

"Food security is essential for learning, which is why the Healey-Driscoll administration has delivered \$172 million for universal school lunch in our first budget," said Secretary of Education Dr. Patrick Tutwiler. "It's related to a hierarchy of need—students can't be focus on their lessons in the classroom

if they continue to be hungry. Aligned with our goals to stabilize, heal, and transform our education system, this funding will ensure that students can focus on their classes in school, instead of where their next meal is coming from."

"Thank you to Governor Healey, Lieutenant Governor Driscoll, Speaker Mariano, and Chairman Michlewitz for the leadership in enacting this very important legislation for our

students and families," said Quincy School Supt. Kevin Mulvey. "Since the inception of this universal meals program, Quincy Public Schools has seen a 25% increase in the number of meals served. The funding will help us improve the overall quality and freshness of our meals by expanding purchasing of food items grown locally"

The universal free school meals program will cover the cost of one lunch and breakfast including

fruit, vegetables and whole grains, as per the National School Lunch and Breakfast Programs. School cafeterias might also choose to offer "a la carte" items for a fee. These items might include milk (if purchased alone) or an extra slice of pizza, and students must pay for those. Students must also pay if they want a second lunch or breakfast on the same day. Students' first complete breakfast and lunch each day is covered.

DiBona Seeking 5th Term As Councillor At-Large

Noel DiBona announces he is seeking his fifth two-year term as a Quincy City Councillor At-Large.

DiBona has been an elected official for 10 years in the City of Quincy. DiBona was elected to the Quincy School Committee in 2013 and has served the last eight years as a councillor at-Large. DiBona is currently the Quincy City Council president.

In his statement, DiBona said:

"I have had the distinct honor and privilege to serve as the Quincy City Council president over the last two years.

"The last eight years as a city-wide councillor at-large have been a great experience. I have been a strong voice and supporter for proper funding for education, public safety and infrastructure improvements.

"As a former School Committee member, I know how important it is to allocate the proper funding for the Quincy Public Schools. I have supported school budgets and been a strong advocate for the new special education center in Quincy. I am looking forward to the opening of the Dr. Richard DeCrisoforo Learning Center in early 2024.

"I continue to advocate



NOEL DIBONA

and approve proper funding for our Quincy Police and Quincy Fire Departments. I supported the funding for the new Public Safety Headquarters, which will house our Quincy Police Department, Fire Administration Offices and Emergency Management Department.

"Infrastructure improvements are vital for the safety and quality of life for our citizens of Quincy. I have supported the CIP \$100 million roads and sidewalks bond and I am delighted to see extensive sewer and water main replacements across the city. Since our March 2018 storms and flooding, I have supported new seawalls, pumping stations and clean water initiatives.

"Some of the great legislation work we have passed on the city council is the

short-term rental legislation eliminating Airbnb in the residential A district and allowing our Inspectional Services Department to issue fines for non-compliance.

"I have co-sponsored and will continue to advocate for residential tax exemptions to help our veterans, seniors and longtime homeowners.

"Over the last eight years, it has been an honor being the City Council's representative to serve on the Community Preservation Committee. We as a committee have funded historical, affordable housing, open space and recreation projects across the city."

DiBona is currently the director of administrative services at the Norfolk County Registry of Deeds. DiBona previously worked for the Norfolk County Sheriff's Office and is a former small business owner at Russ DiBona & Son Landscape & Snow for 26 years.

DiBona holds a bachelor's degree from the University of Massachusetts Boston. DiBona is a graduate of Quincy High School, Class of 1993 and is a Quincy High School Football Hall of Fame inductee, class of 2014.

DiBona is volunteer coach for Quincy Youth Baseball and previously a

Quincy Youth Football and Quincy Youth Soccer coach.

DiBona is a former Quincy Park & Recreation board member, former president of Ward 2 Civic Association, past junior vice commander and current member of the Sons of American Legion Morrisette Post 294. DiBona is a member of Merrymount Neighborhood Association.

DiBona lives in the Merrymount neighborhood with wife Niamh. His three children Tyler, Aidan and Nora attend and have attended Quincy Public Schools at Atherton Hough, Squantum and Merrymount Elementary Schools.

The Committee to Re-Elect Noel DiBona will be hosting a Re-Election Reception at Alba Restaurant in Quincy Center on Wednesday, Sept. 27th from 5 to 8 p.m. The public is invited and welcome to attend the event. Residents can contact Councillor Noel DiBona at DiBona2023@gmail.com or call 617-834-4081.

"It's been an honor and privilege to be a city-wide councillor-at-large member for the last eight years and want to continue to serve the citizens of Quincy. I humbly ask for your vote on Nov. 7th," DiBona said.

Register William O'Donnell, QATV's Mark Crosby Earn Experimental Access Center Professional Award

Cont'd From Page 12

so emotionally involved in viewing a work that a psychosomatic (mental and physical) response is experienced. As one who always looks for a new and unique way to tell a story, adapting it to a history lesson seemed logical."

Already having a well-established partnership with the Norfolk County Registry of Deeds, Crosby reached out to Register of Deeds O'Donnell, a Norwood native, to be the voice of the narrator and help collaborate on the project. O'Donnell saw the potential to educate the public about art and history through this adaptation and eagerly agreed to work together. With their combined expertise and resources, they were able to create, what many people feel, is an engaging and educational experience for viewers.

"This segment grew out of a History Comes Alive land record project at the Norfolk County Registry of Deeds. History in our local communities is all around us," said O'Donnell. "The piece allows those in the community to learn about some of that interesting history in a way that both captivates and educates the audience."

O'Donnell and Crosby enlisted the help of theater performer and historical reenactor Michael LePage, who also works at the

Registry of Deeds, to play the role of the main character, a museum patron who is transported back to 1926 Norwood.

"We incorporated the use of green screen technology to create the visual illusion of a person in a museum walking into a historic piece on the wall and suddenly becoming immersed in that piece and becoming dressed in period costume once they entered the piece," said Crosby.

In the program "History Comes Alive, Norwood Town Hall" the museum patron, Michael LePage, steps into a historical image of Norwood Town Hall through the use of green screen technology and is seemingly transported back to 1926. Amidst the sound of explosions and machine-gun fire the narrator, Register O'Donnell, explains the Historic building was constructed as a memorial to Norwood residents who served in World War One. With the sound of construction playing in the background the narrator describes the style and materials used in the construction of the Town Hall. Fireworks can be seen and heard as the narrator recounts the Nov. 11, 1928, dedication ceremony attended by over 10,000 people. The narrator continues by highlighting

some of the unique features of the Norwood Town Hall. The piece closes with the museum patron stepping out of the photo and returning to modern times.

To watch a video of the award-winning segment "History Comes Alive, Norwood Town Hall," footage from the Hometown Media Awards ceremony and a discussing between O'Donnell and Crosby visit: <https://youtu.be/qBCyfXozLiQ>

"I've just enjoyed watching Mark Crosby, Jonathan Caliri, and the staff at Quincy Access Television creatively came up with a way to take some of the information from the History Comes Alive project and truly make it come alive through this short subject history piece," O'Donnell said

The 'Best of Experimental Access Center Professional' award is an annual award presented by the Alliance for Community Media Foundation to recognize the creative use of media tech-



NORFOLK COUNTY Register of Deeds William P. O'Donnell (left) and Mark Crosby, Government Access Coordinator, QATV, show the 2023 Hometown Media Award presented to them by the Alliance for Community Media Foundation.

Courtesy Photo

nology in a new and unique way. This award is highly regarded in the industry and is given to individuals or teams who have demonstrated exceptional creativity, innovation, and impact in their work. Winning this award is a testament to the quality and uniqueness of Crosby and O'Donnell's project, as it was selected as the best among a pool of highly competitive entries.

"I want to thank Mark Crosby whose creativity and production skills made the program possible," O'Donnell said. "I also want to thank Jonathan Caliri and the staff at QATV for all their hard working in making this vision a reality. I cannot forget our star Michael LePage whose performance tied the piece together, thank you."

The Norfolk County

Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information. All land record research information can be found on the Registry's website, www.norfolkdeeds.org.

36 Quincy Residents To Participate In Boston Marathon Jimmy Fund Walk

Thirty-six residents from Quincy will participate in the Boston Marathon Jimmy Fund Walk presented by Hyundai on Sunday, Oct. 1.

The Quincy walkers are: Brian M. Willinsky, Robert O'Dea, Anny Lopera, Aditya Pawar, Chloe Wu, Julia Segovia Reyes, Laurel Wainwright, Matthew King, Kristen Capone, Erika Sato, Julia Chen, Angie Diaz, Ali Hanlon, Sarah Sexton, Carol Gormley, Christopher King, Nelson Tse, Maura O'Gara, Ryan Hu, Rea Shqepa, Dan Kelley, Emily Kamb, Javier Lopera, Pat Murphy, Ben Reitnour, Deanna Hogue, Ines Beretta, Starlene Wigfall, Li Chen, Nkechi Onyeachom, Susan Handel, Christina Grieves, Mikaela Byron, Emily Boudreau, Robert O'Dea and Corinne Brookshire.

They will join thousands of other walkers in the annual event that raises funds to support all forms of adult and pediatric care and cancer research at the nation's premier cancer center, Dana-Farber Cancer Institute. The Jimmy Fund Walk has raised more than \$167 million for Dana-Farber Cancer in its 34-year history, raising a record-breaking more than \$8.8 million in 2022.

Lindsay Laguna and Joanne Dennehey will participate as Walk Heroes for the Boston Marathon Jimmy Fund Walk. Heroes are matched with Jimmy Fund



JOANNE DENNEHEY

Walk teams to give participants an opportunity to connect with patients.

Lindsay is a patient at Dana-Farber and is matched with TEAM ZAKIM.

"Dana-Farber has been a place where I have received support from multiple departments," Lindsay says. "Practitioners at the Zakim Center, social workers, chaplains, and my oncology team have worked with me on finding strategies to improve my comfort and quality of life."

Joanne was diagnosed with Ductal Carcinoma of the breast HER2+ and is matched with DFCI South Shore.

"We are not defined by cancer, but by the strength and courage it takes to fight and the humanity we show along the way," Joanne writes.

"Throughout the past 34 years, the Jimmy Fund Walk has continuously supported life-saving research and cancer care at Dana-Farber.



LINDSAY LAGUNA

The 2023 Walk will be held during the Jimmy Fund's 75th anniversary year and will aim to raise \$9 million in the effort to prevent, treat, and defy cancer," said Zack Blackburn, director of the Jimmy Fund Walk. "This year also marks the 35th annual Jimmy Fund Walk. We are eager to get out on the course and see all our outstanding walkers and teams come together to support this great cause."

The Jimmy Fund Walk is the only organized walk permitted on the famed Boston Marathon course, and participants have the flexibility to choose from four distance options: 5K walk (from Dana-Farber Cancer Institute's Longwood Medical Campus), 10K walk (from Newton), Half Marathon walk (from Wellesley), and Marathon walk (from Hopkinton).

Whatever route walkers choose, participants will be treated to 10 refueling stations as well as poster-sized

photographs of patients - Jimmy Fund Walk Heroes - displayed at each mile and half-mile marker as inspiration. All four routes of the Jimmy Fund Walk will culminate at the Jimmy Fund Walk Finish Line Powered by Schneider Electric. Due to construction in Copley Square, the Jimmy Fund Walk Finish Line location has been moved to the Fenway neighborhood for 2023. Walkers should know that distances may be slightly shorter as we finish the walk in front of Fenway Park. The finish line will include a celebration complete with food, music, and a speaking program.

If walkers wish to participate a bit closer to home, the Jimmy Fund Walk has flexible opportunities. Participants can also join the event virtually by "walking their way" from wherever they are most comfortable—in their neighborhood, on a favorite hiking trail, or on a treadmill at home. Materials to support Virtual Walkers are available.

To register to walk or volunteer at the Jimmy Fund Walk, (#JimmyFundWalk) or to support a walker, visit www.JimmyFundWalk.org or call (866) 531-9255. Registrants can enter the promo code NEWS for \$5 off the registration fee. All registered walkers will receive a bib, medal, and a Jimmy Fund Walk T-shirt.

'The Church In Dialogue' Topic At Divine Mercy Parish Sept. 21

Divine Mercy Parish is hosting a presentation titled "The Church in Dialogue" by Reverend Richard Lennan at 7 p.m. on Thursday, Sept. 21, in Sacred Heart Church, 386 Hancock St., North Quincy.

This talk focuses on the upcoming Catholic Synod on Synodality in Rome this fall. Fr. Lennan is Professor of Systematic Theology at Boston College. Following the presentation, there will be an opportunity for questions, and a light reception will follow in the lower church hall.

Fr. Richard Lennan is a priest of the diocese of Maitland-Newcastle (Australia), ordained in 1983. He holds a masters degree from the University of Oxford and a doctorate from the University of Innsbruck (Austria). From 1992 to 2007, he taught theology at the Catholic Institute of Sydney and was a member of the Australian Anglican-Catholic dialogue. From 2005-07, he served as president of the Australian Catholic Theological Association. He moved to the United States in 2007 to teach at the Weston Jesuit School of Theology in Cambridge MA; he is now Professor of Systematic Theology in the School of Theology and Ministry at Boston College, where he also chairs the Ecclesiastical Faculty.

Fr. Richard's research and teaching focus on ecclesiology, ministry, and the theology of Karl Rahner.

He has authored or edited nine books, the latest being "Tilling the Church: Theology for an Unfinished Project" (Liturgical Press, 2022), and as co-editor, "Priestly Ministry and the People of God: Hopes and Horizons" (Orbis Books, 2022). He served as a theological adviser to the preparation of "Light from the Southern Cross" (2019), a document on reforming governance in the Catholic Church in Australia and was a member of the theological panel of the Plenary Council of Australia (2021-22).

Movie Review: 'The Nun II'

By **BOB GARVER**

"The Nun II" is the ninth film in the "Conjuring Universe," a franchise tied to the adventures of paranormal investigators Ed and Lorraine Warren, but it is the third in the series chronologically.

Demon-in-a-nun's-habit Valak (Bonnie Aarons) has made appearances in installments both earlier and later in the franchise's chronology. In other words, not only has this villain been defeated before, but I know for a fact that she'll be defeated again. It's hard to see the stakes as particularly high or Valak as particularly effective with that kind of record. Just like it's hard to take this horror movie particularly seriously when the studio decided to release it in early September instead of closer to Halloween.

Valak isn't destined to take over the world (in the movie or out of it), so the greatest investment one can reasonably make is caring about the fates of the main characters. For fans that even remember 2018's "The Nun" (the fifth film released in the "Conjuring Universe," but the first chronologically), Taissa Farmiga is back as Valak-defeater Sister Irene, as is porter-turned-Valak-vessel Maurice (Jonas Bloquet). New this time are Irene's companion Sister Debra (Storm Reid, a very of-her-era actress that feels out of place in this 1956-set movie), as well as Kate (Anna Popplewell) and her daughter (Katelyn Rose Downey), a teacher and student respectively, at the school where Maurice now works as a groundskeeper. I guess they're all likeable enough, though no more than any number of similar characters in these movies.

Valak, possessing Mau-

rice, is on a mission to possess the eyes of St. Lucy, a Christian martyr. Surprisingly, even though eye-gouging is an important part of the lore that serves as a catalyst for this movie's action, the movie never really engages in eyeball- or eyelessness-based horror. On one hand, I kind of respect the movie for not going for the obvious (or "cheap" or "exploitative") gruesome visuals. But on the other hand, the movie may as well have gone for those as scares, because it isn't effective with the ones it does give us.

Instead, the movie relies on jump scares, most of which involve Valak suddenly appearing, which are cheap and exploitative. I was scared out of my wits a few days ago by a small, well-intentioned child tapping me on the leg to let me know I'd dropped something. Anyone can pull off a jump scare, including people that aren't even trying. The filmmakers are trying, of course, too hard and in an expensive fashion. And you know what? So is Valak. Valak is deliberately using whatever demonic powers are at her disposal to jump-scare people. She's not exactly gaining anything by just popping up, her tactics rarely lead to defeated enemies or the furthering of her missions. My theory is that she needs a confidence boost because she knows deep down that she's not really good at anything else.

It's easy to see the filmmakers' desperation to squeeze scares out of this weak material. They have to cheat and use dream sequences and cutaways because they know nothing scary is going to happen for a long stretch of time and they correctly sense that

the audience is losing interest. Even when they have a good excuse to use Valak, it can only be for a quick burst because her appearance is only initially unsettling. Close-ups and lengthy looks at Valak are not this movie's friend. Actually, that's a good metaphor for this whole wing of the "Conjuring Universe," Valak works great on the periphery of "The Conjuring 2" and "Annabelle Creation," but when the movie is either installment of "The Nun" and the pressure is on her to be the main source of scares, it becomes apparent that all she has is popping out.

Grade: D

"The Nun II" is rated R for violent content and some terror. Its running time is 110 minutes.



MAYOR TOM KOCH (third from right) and Quincy Chamber of Commerce President **Tim Cahill** (far right) joined owner **Michelle Leonard** (second from right) and her team of stylists at **Leonardo's Salon** as they recently celebrated their 25th anniversary in business. Founded in 1998 at 620 Hancock St. in Wollaston, the shop has been located at 1604 Hancock St. in Quincy Center since 2017. Many of their stylists also serve as educators, who work with associate stylists, to help customers achieve their individual look. Leonardo's is also known for on-trend services such as custom color-highlights, which can include foiling, balayage, custom painting and more. The team continues to give back to the community by volunteering with Locks for Love and The HairRAISING Team at Children's Hospital. For more information visit their website at www.leonardossaloon.net.
Courtesy Photo

Thomas Crane Public Library To Host Meditation Expert Neeni Decha Sept. 26

Director Sara Slymon announces the Thomas Crane Public Library will be hosting meditation expert Neeni Decha on Tuesday, Sept. 26 from 7 to 8 p.m. in the Community Meeting Room, Main Library, 40 Washington St., Quincy.

Decha will conduct a

meditation class. During the class, Decha will teach the basics of Middle Way meditation and guide participants through a meditation session.

This event is free to attend and no registration is required.

Decha began practicing

meditation in Thailand more than 30 years ago. For the past 10 years, she has been conducting meditation classes throughout the greater Boston area and at the Dhammakaya Meditation Center in Quincy.

Meditation is the practice of training your mind

to calm down and become peaceful. A peaceful mind can reduce stress and bring positivity to your daily interactions at home, in the workplace, or wherever you are. A consistent practice of meditation can improve your overall quality of life.

Joey Chiarenza And SOS Band Coming To Quincy Oct. 28 America's Got Talent Contestant Bringing Sinatra To The Quincy Sons Of Italy

Fresh off his appearance on America's Got Talent as a solo act, Frank Sinatra tribute show artist, Joey Chiarenza will be teaming up with the 18-piece SOS Band to bring his show to the Sons of Italy in Quincy on Saturday, Oct. 28th with doors opening at 5:30 p.m.

The show is dubbed a Halloween Show with optional costumes and includes a complete Italian buffet and the comedy of Jody Sloane. The event will be MCed by Paul Santos of

the Paul Santos Show.

The North End in Boston's Little Italy is where Joey fell in love with the sounds of Sinatra and they have remained in his heart to this day. "When I grew up, I began singing at family affairs," shared Chiarenza, who appears weekly on Friday afternoons on WMEX radio. "I would sing my mother's favorite song, 'My Way,' which still makes me tear up when I sing it on stage."

Now in his 60s, Chiaren-

za's act is widely considered the best Sinatra act in New England.

"Teaming up with the SOS Band has taken the show to the next level," explained Chiarenza, who resides with his wife, Gina, in Salem MA. "These guys are top notch musicians, and this show allows them to get out there and do what they do best. Wow the crowd. Their band leader Dave Coccia is well-known in the industry and leads a tight big band sound."

Joey and the SOS Band have upcoming shows at the U.S. Coast Guard Sector in Boston on Dec. 2, Spencer, Mass. at the Spencer Country Inn on Dec. 16th, New Year's Eve at the Attleboro Elks Club and Feb. 10th at the Polish American Club in Gardner.

Tickets to the Quincy show are \$55 per person with a table of 10 for \$500 and are available on Eventbrite/Joey Chiarenza, via Venmo at todd-civin or by phone at 978-502-1453.

Crane Library To Host 'What's the Astrolo-Tea?' Astrology Event Sept. 27

Director Sara Slymon encourages community members to participate in an astrology event at the Thomas Crane Public Library Wednesday, Sept. 27 from 7 to 8 p.m. in the Community Meeting Room, Main Library, 40 Washington St., Quincy.

This fun and informational astrology event is entitled "What's the Astrolo-Tea?"

During the event, astrologer and reference librarian Rosie will discuss the 12 astrology signs, individual birth charts and how to read them, and what the upcoming transits in the stars mean for participants.

Participants are encouraged to bring a copy of their astrology birth chart to the event. Astrology birth charts for the event can be found online at astro-charts.com.

Light refreshments will be provided. This event is free to attend and no registration is required.

To learn about more upcoming events at the Thomas Crane Public Library visit the library's Events Calendar, Facebook, or Instagram.

More Quincy news:

The Quincy Sun.com

You're Invited To a Screamin' Fun HALLOWEEN COSTUME PARTY

Sons of Italy
120 Quarry St.
Quincy MA
Doors Open 6:30p
SHOWTIME 8pm

\$100.00 CASH PRIZE

Start Spreading the News

SATURDAY OCTOBER 28TH

A NIGHT Sinatra

JOEY CHIARENZA WITH THE SOS BAND

JODY SLOANE Comedian

ITALIAN DINNER & SHOW
\$55.00 Table of Ten \$500.00
Ticket Info
978-502-1453

FLY ME TO THE MOON

America's Got Talent JOEY CHIARENZA My Way

Quincy Recreation 2nd Annual Joe Brill Memorial Street Hockey Tourney

Quincy Recreation recently held its second annual Joe Brill Memorial Street Hockey Tournament at the Brill Field Street Hockey Rink in Houghs Neck.

The event saw an incredible turnout, with approximately 100 participants representing the city's 14 playgrounds. Quincy Recreation Sports Specialists John Grasselli, Tim Durgin, and Nick Ryan coordinated the event.

The street hockey tournament is held annually in memory of Joe Brill, a former member of the Parks and Recreation Board, long-time supporter of Quincy Recreation, and friend to all, who passed away in 2021.

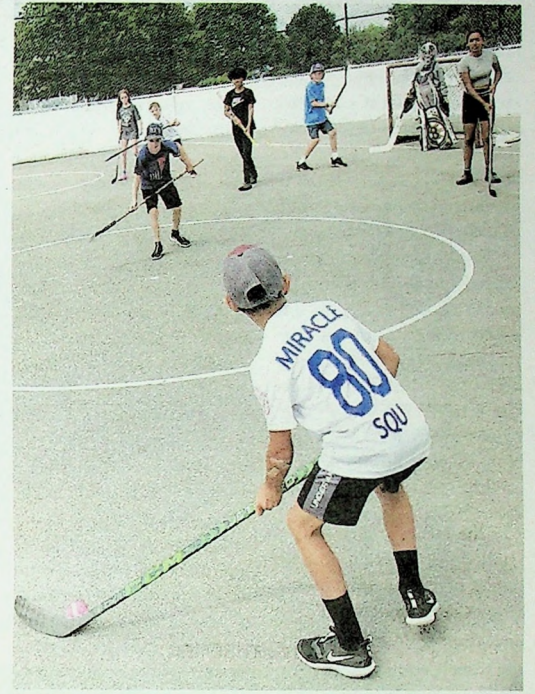
The tournament was marked by moments of competition, teamwork, and sportsmanship. From the opening puck drop to the final horn, participants kept up high levels of energy and enthusiasm. Spectators of the event were treated to some amazing goals and competitive games.

The event concluded a series of city-wide events coordinated by Quincy Recreation this summer, including a 6v6 Soccer Tour-



name, Pepsi Hot Shots Tournament, and Arts & Competition, Wiffle Ball Crafts Contest.

Photos Courtesy Quincy Recreation Dept.



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Amateur Radio Special Event Oct. 7 At Quincy Quarries, Granite Museum

Quincy Radio Club an amateur radio group located in Quincy will be activating a "Special Event Station" on Saturday, Oct. 7th from 10 a.m. to 3 p.m. at the Quincy Quarries & Granite Worker Museum located on Ricciuti Drive, Quincy.

The event is "Where is Quincy Granite?" This special event celebrates the history of the granite industry of early Quincy. Lasting examples of the hard effort and skill of the granite workers lasts today in buildings and monuments throughout the country. Many innovations in technology that are common throughout the world are a result of the Quincy granite quarries.

The station hopes to make radio contacts via voice, Morse code and other radio modes with stations

throughout the country and wherever our signal goes to talk about where Quincy granite ended up and the important contributions made by this long ago industry; perhaps some of our contacts will be familiar with these buildings and monuments, never contemplating where the beautiful stone originated.

Quincy Radio Club, recently established, will be creating additional special events focused on the rich cultural, political and social history of Quincy. The club's call sign is "KW1NZE." All events will have a commemorative certificate available for the stations that we contact.

For more information about this event or amateur radio contact Peter Doherty KC1HHO@gmail.com.

Quincy Football Fends Off Concord-Carlisle

By TOM JOYCE

When a team trails by two touchdowns in the first quarter, oftentimes, it is in trouble.

However, that didn't end up being the case for the Quincy High football team last Friday night.

Not only did the team come back from an early two-touchdown deficit, but it protected its lead in crunch time.

The Quincy Presidents preserved their lead with about a minute left in their home bout against Concord-Carlisle on Thursday, September 14, thanks to a strong defensive effort. Meanwhile, their well-balanced offense was also sharp, amassing over 250 yards as the Presidents picked up a 21-19 victory. With the win, the Presidents improved to 2-0 on the season.

While the Presidents got off to a slow start, they recovered and were the dominant team for the final three-and-a-half quarters of the contest.

The team's first drive stalled out around midfield, and a high punt snap on the

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QUINCY QUARTERBACK Nate Goff threw for 139 yards (17-for-23) including a 54-yard touchdown pass to junior running back Alex Martinez (photo top right) in the Presidents' 21-19 win over Concord-Carlisle Sept. 14.

Quincy Sun Photos/Robert Bosworth

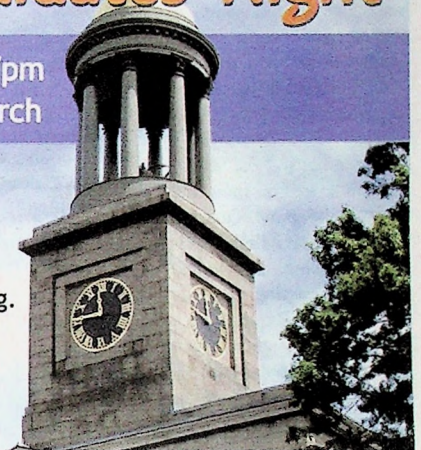


QUINCY JUNIOR Alex Martinez runs for the end-zone after hauling in a pass from quarterback Nate Goff in the first quarter against Concord-Carlisle. The Presidents improved to 2-0.

QCAN Candidates' Night

Wed., October 4th at 7pm
United First Parish Church

See where the 2023 mayoral and city council candidates stand on climate change and other environmental issues. Learn more at QuincyCAN.org.



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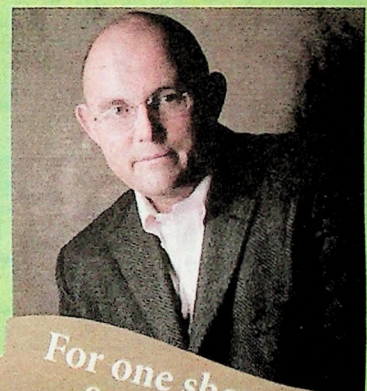
The City of Quincy presents

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Raiders Fall To Braintree In Home Opener, 30-7

By TOM JOYCE

The North Quincy High football team moved the ball in the air without issue, but it faced a tough challenge last Friday night.

The North Quincy Raiders hosted the Braintree Wamps, and while the two sides were evenly matched early on, Braintree pulled away as the game progressed. While the Raiders threw for over 200 yards, they were unable to make a comeback. The Raiders lost 30-7 at Veterans' Memorial Stadium in Quincy Sept. 15. With the loss, the Raiders fell to 1-1 on the season.

Initially, Braintree enjoyed success on the ground, picking up several first downs that way on its first drive of the game. It punched in a short touchdown run about a minute-and-a-half into the game and hit an extra point to take a 7-0 lead.

In response, the Raiders also scored on their first drive of the game. Quarterback Mikey Galligan (12-for-25 passing, 212 yards) racked up passing yards on the first drive. Running back Ben Hudach caught a screen and gained about 40 yards thanks to strong blocking



NORTH QUINCY junior quarterback Mikey Galligan looks for a Raider receiver as a Braintree defender closes in. The Raiders bowed to the Wamps in their home opener 30-7 Sept. 15 at Veterans' Memorial Stadium. Galligan threw for 212 yards (12/25 passing) including a 39-yard touchdown to senior Nate Sampson.

from the Raiders offensive line. Later in the drive, Galligan connected with a wide-open Nate Sampson for a 39-yard touchdown pass. The Raiders sank the extra point kick, tying the

game at seven apiece early in the first quarter.

However, Braintree responded with another touchdown drive. This time, the team primarily got yards by

Cont'd On Page 26



SENIOR WIDE RECEIVER Nate Sampson eyes the endzone as he catches a 39-yard touchdown pass from quarterback Mikey Galligan for the Raiders' lone touchdown against the Braintree Wamps.

Quincy Sun Photos/Robert Bosworth

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QUINCY'S FOOD TRUCK & Music Festival

SATURDAY, OCTOBER 7, 2023
NOON - 6 P.M. CODDINGTON STREET

From Quincy High School to Thomas Crane Library and at the Coddington Building

PRESENTED BY **QUINCY400**

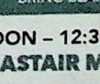
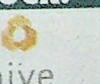
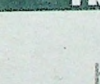
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FOOD TRUCKS!



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KIDS ENTERTAINMENT

ON THOMAS CRANE PUBLIC LIBRARY LAWN. BRING BLANKETS AND LAWN CHAIRS.

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ALASTAIR MOOCK

1:00 - 1:30 P.M.
EVAN NORTHRUP MAGICIAN

2:00 - 2:30 P.M.
PHILIP ALEXANDER And The WILD THINGS!

3:00 - 3:30 P.M.
MATT HEATON & THE OUTSIDE TOYS

4:00 - 6:00 P.M.
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Kids Party Productions

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NOON - 12:30 P.M.
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WITH SPECIAL GUEST JESSE STIGLICH

12:50 - 1:50 P.M.
THE BIRCH SWART BAND

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THE BIRCH SWART BAND

3:50 - 4:50 P.M.
THE BIRCH SWART BAND

4:50 - 6:00 P.M.
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2:10 - 3:10 P.M.
ENTRAIN

3:30 - 4:30 P.M.
THE FAT CITY BAND

4:50 - 6:00 P.M.
BEACON STREET BAND

Quincy Football Fends Off Concord-Carlisle

Cont'd From Page 23

team's second drive gave Concord-Carlisle the ball on the nine-yard line.

Concord-Carlisle took advantage of the favorable field position in both instances.

First, it scored in a 41-yard bomb to a wide receiver on one of its first offensive plays of the game. Then, when it got the ball on the nine-yard line on the second drive, it punched in a nine-yard touchdown run. However, Concord-Carlisle missed the extra point attempt following its second touchdown, so it led 13-0 with 5:39 left in the first quarter.

The Presidents recovered after that.

They started their next drive at their own 40 following a Concord-Carlisle squib kick. Shortly after, Nate Goff (17-for-23 passing, 139 yards) connected with Alex Martinez (5 catches, 66 yards) on a 54-yard slant route touchdown pass. Brayden O'Connell's extra point kick was good, making it 13-7 with 3:59 left in the first quarter.

The two teams then traded possessions before it looked like Concord-Carlisle might score again. Concord-Carlisle reached the red zone, but a fumbled snap hindered its momentum. The team ended up having a turnover on downs on an incomplete pass.

With their newfound possession, the Presidents took the lead. They moved the ball over 80 yards, enjoying success on the ground. Gabe Rodrigues (15 rushes, 48 yards) picked up two first downs on the ground, while Goff had a run for over 20 yards and a completion to Jayden Francois that got the Presidents to the two-yard line. Rodrigues punched in a two-yard touchdown run, and O'Connell's extra point kick gave the Presidents a 14-13 lead with 4:16 left in the first half.



QUINCY DEFENSIVE BACKS Diego Tavares Goncalves (18) and Alex Martinez (3) wrap up a Concord-Carlisle ball carrier in the Presidents' 21-19 win Sept. 14 at Veterans' Memorial Stadium.

Quincy Sun Photos/Robert Bosworth

Concord-Carlisle threatened again on the final drive of the first half, but it couldn't finish. The team got inside the 10-yard line in the final moments but cost itself. Concord-Carlisle spiked the ball to bring up third down, then Kevin Gray sacked the opposing quarterback for a loss, ending the first half.

Concord-Carlisle also started the second half with the ball but failed to take advantage. After picking up two first downs, the team fumbled on the Presidents' 45-yard line; Rodrigues hit the ball carrier, and Gray recovered the ball.

The Presidents could not capitalize on this favorable occurrence. They converted on two fourth downs to keep the drive going. Owen Desmond had a fourth-and-six reception, and Rodrigues had a seven-yard run on fourth-and-three where he broke a few tackles to get the ball in the red zone. However, a run up the mid-

dle came up just short at the 11-yard line on the team's third fourth-down conversion attempt of the drive.

The two teams then traded three-and-outs, playing tough defense. The tough defense continued on subsequent drives. Alex Martinez had a key tackle in Presidents territory on a quarterback draw to prevent a first down, and Jayden Francois broke up a pass on fourth down to end the drive.

On the Presidents first drive of the fourth quarter, it looked like they could extend their lead, but it wouldn't happen. Freshman running back Jonas Ala (5 rushes, 41 yards) shined on the drive, picking up two first downs after a referee sent a bleeding Rodrigues off the field. Rodrigues later picked up a first down on a pitch right before being sent off the field again. However, the Presidents threw an interception that Concord-Carlisle recovered at the one-yard line, preventing a

touchdown-scoring drive.

In response, the Presidents forced what looked like it would be a three-and-out. Defensive end Antonio Branch tackled the opposing quarterback for a short gain to bring up fourth down on the third play of the drive. However, Concord-Carlisle opted to pass on fourth down with a little over four minutes left. It didn't work. Gray knocked down the pass, resulting in a turnover on downs. The Presidents got the ball back at the eight-yard line.

This time, the Presidents capitalized. Ala rushed in a six-yard touchdown run, and O'Connell hit his extra point attempt, giving the Presidents a 21-13 lead with 3:50 remaining.

Concord-Carlisle re-



QUINCY JUNIOR wide receiver Jayden Francois catches a pass from quarterback Nate Goff that set up a Presidents' touchdown against Concord-Carlisle.

sponded with a touchdown of its own, but that was all the offense the team could muster. A strong return, coupled with a 15-yard penalty against the Presidents, gave the team the ball 28 yards from the end zone. A first down run from the quarterback, followed by a first down pass, got the team to the one-yard line, where a running back punched in the score. This made it a 21-19 game with about a minute left. Yet, Concord-Carlisle failed to convert on the two-point conversion. It attempted a quarterback power run to no avail. A host of Presidents, including Will Codner and Rodrigues stopped the quarterback shy

of the end zone, protecting their lead.

Concord-Carlisle then attempted an onside kick, but the Presidents were ready. They brought out their hands team and recovered the kick. The team then ran the ball a couple of times before going to the handshake line as the clock ran out.

The highly-competitive win over Concord-Carlisle came one week after the Presidents routed Archbishop Williams 34-13 on the road.

The next game for the Presidents will take place this Friday, on the road against Westwood (7 p.m. start time).



QUINCY FIRST-YEAR football coach Vernon Crawford, a former New England Patriot, talks with his players on the Presidents' sideline. Quincy defeated Concord-Carlisle 21-19 in their home opener Sept. 14 to improve to 2-0 on the season.



TOUCHDOWN PRESIDENTS - Quincy senior running back Gabriel Rodrigues celebrates his two-yard touchdown run against Concord-Carlisle.

Raiders Fall To Braintree In Home Opener, 30-7

Cont'd From Page 24

passing the ball; it picked up a few first downs in the air and eventually tossed a five-yard touchdown pass to cap off the drive; the extra point kick gave Braintree a 14-7 lead with 4:54 left in the quarter.

After that, neither team scored for more than 12 minutes. Jordan Mahoney picked up a first down on the ground for the Raiders on the subsequent drive, but Braintree forced the team to punt around midfield.

Braintree followed that up by missing a 29-yard field goal attempt after Nate Sampson held a Braintree wide receiver to a short gain, tackling him on third down in the red zone. Braintree then forced a three-and-out against the Raiders, getting the ball back following the punt. Braintree capitalized on this possession, picking up a few first downs in the air before punching in a short touchdown run with 4:18 left in the first half. The extra point was good, giving the team a 21-7 edge.

Although the Raiders made it to the five-yard line on their next drive, aided by a 50-yard bomb from Galligan to Cam Sampson (3 catches, 82 yards), they were unable to score. A tackle for a loss on third down and an incompletion on fourth down caused a turnover on downs, ending the drive.

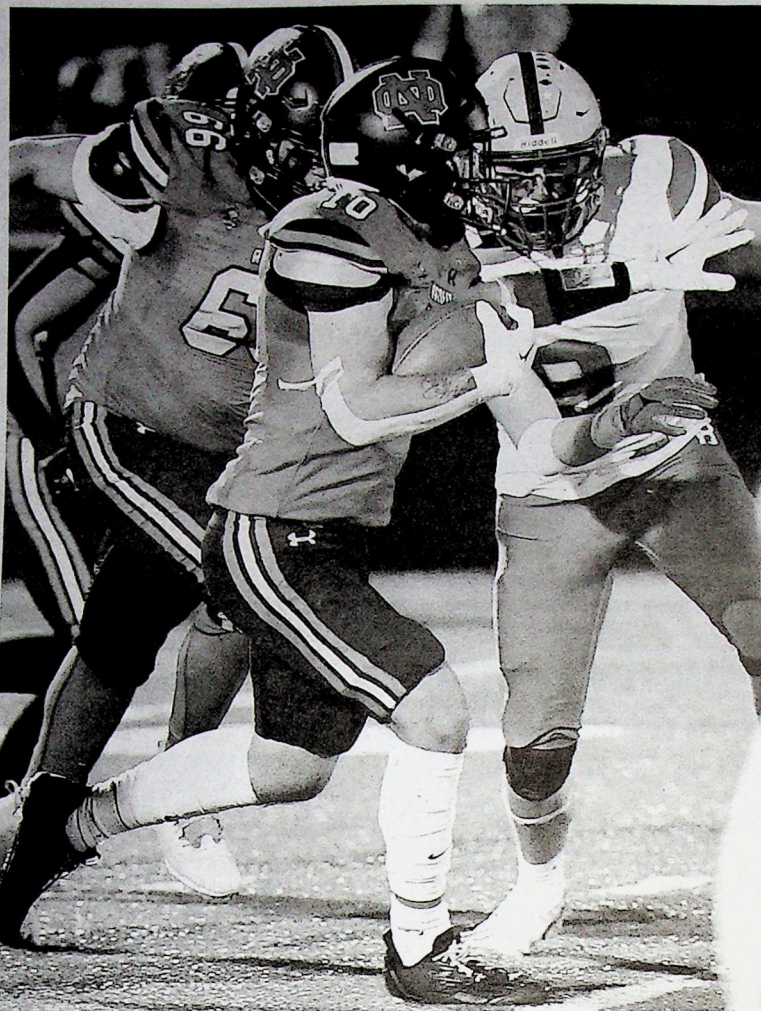
When Braintree got the ball back, it knelt to end the first half.

Braintree extended its lead in the second half. The Raiders picked up a first down, then threw an interception, giving their opponent the ball back. Braintree capitalized; it capped off the drive with a 19-yard touchdown pass in traffic; the extra point kick put the team up 28-7 with 8:52 in the third quarter.

While Cam Sampson had a reception for about 30 yards on the subsequent Raiders drive, a holding penalty and a sack stunted the progress on it.

And while it looked like Braintree might score when it got the ball back, nearing the end zone, that didn't happen. Linebacker Ariel White read a Braintree sweep and made a tackle for a loss, stunting the drive. However, Braintree would score a play later, sinking the Raiders quarterback in the end zone for a safety.

When Braintree got the ball back, the Raiders played tough defense again. White and Noah Baker, two linebackers, held Braintree to short gains on runs, preventing the team from scoring and causing a turnover on downs.



NORTH QUINCY senior fullback Jordan Mahoney finds a seam as he gains some yards for the Raiders against the Braintree Wamps Sept. 15. At left is senior guard Brody Baker (#66).



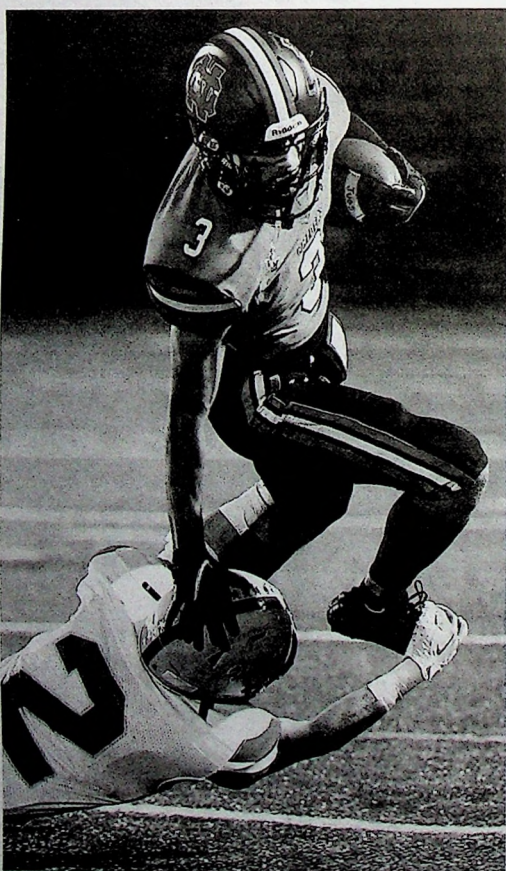
NORTH QUINCY senior running back Ben Hudach carries for the Raiders against the Braintree Wamps. North Quincy (1-1) bowed 30-7 and will visit Malden Catholic Friday at 6 p.m. Quincy Sun Photos/Robert Bosworth

From there, the Raiders got the ball back, they tossed an interception, the Braintree second offense struggled when it got a possession, and the Raiders ran a couple of plays when it got the ball back, running out the clock to end the game.

Although the Raiders lost

last Friday, they started their season with a strong 35-6 road win against Oliver Ames (Easton) Sept. 8.

The next game for the Raiders will take place this Friday, Sept. 22, on the road against Malden Catholic (6 p.m. start time).



JUNIOR WIDE RECEIVER Marques Rodrigues-Smith tries to avoid a Braintree tackler as he returns a kick for the Raiders against the Wamps.



SENIOR WIDE RECEIVER Will Conley (left) carries for the Raiders as Braintree's Ricky Dever readies for a tackle. North Quincy bowed to the Wamps, 30-7, in their home opener Sept. 15. The 1-1 Raiders visit Malden Catholic Friday and return home Sept. 29 when they host Cohasset.



NORTH QUINCY'S Paul Glynn (#84) and Alan Guan (#52) stop Braintree's James Curry as Raider teammate Taylen Marquez moves in to assist.

North Quincy Defeats Quincy 3-0 In Girls' Volleyball

By TOM JOYCE

Sometimes, teams do better as the game progresses.

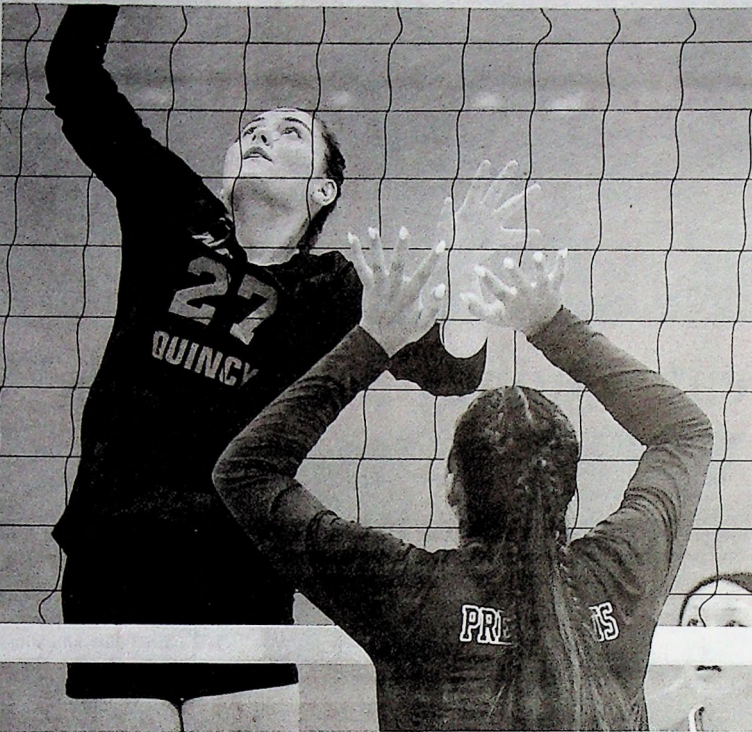
That was the case for the North Quincy High girls' volleyball team on Monday night.

The Raiders hosted their in-city rival, the Quincy Presidents, and secured a victory. The Raiders improved their winning margin each set in the 3-0 win (25-22, 25-19, 25-13). With the win, the Raiders improved to 3-3 on the season. With the loss, the Presidents fell to 1-5 overall.

The first set was highly competitive, but the Raiders pulled away late. With the set tied at 17 apiece, the Raiders had a 3-0 run that was ultimately the difference-maker in the first set.

In it, senior captain and middle blocker Ava Bryan was sharp. She had a kill and an ace, good for two points, while fellow senior middle blocker Autumn O'Campos also had a kill. The Presidents kept fighting back and made it a one-point set, 21-20, on an ace from freshman setter/rightside hitter Evalyn Catrambone. However, the Raiders recovered. Bryan had a kill from the back row to put the team up by two, and a couple of errors against the Presidents, including a serving error to cap off the set, gave the Raiders two of the three points they needed to close things out. The Raiders won the set 25-22.

The second set was also highly competitive. While the Raiders had a 4-0 run that gave them a 14-10 lead, a 3-0 run from the Presidents not long after put the set in an identical spot to the previous one: tied at 17-17. During the set-tying stretch for the Presidents, they capitalized on two errors against the Raiders, plus a kill from



NORTH QUINCY SENIOR Ava Bryan scores a point against the Quincy Presidents Monday night. Bryan and the Raiders defeated the Presidents 3-0 to run their record to 3-3 on the season. Quincy fell to 1-5.

Quincy Sun Photos/Robert Bosworth

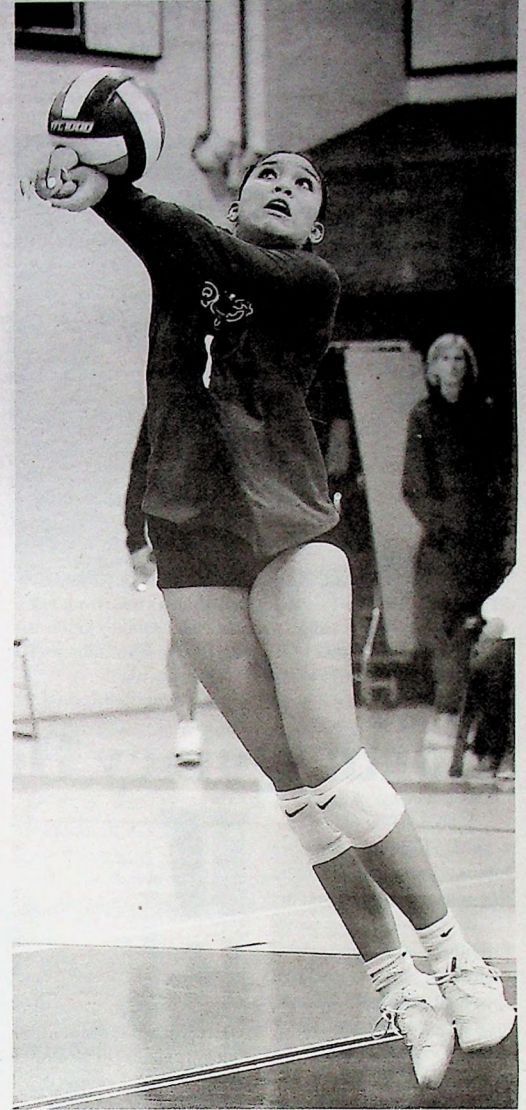
senior outside hitter/middle blocker Giada Guarino.

The Raiders recovered after losing the lead, however. They went on a 6-0 run that put them up 23-17 and eventually took the set 25-19. During the run, senior captain and setter Elle Blahut shined. She served on five of the six points and got two aces. Additionally, kills from senior outside hitter Brooklyn Rizzo and Bryan

helped the Raiders expand their lead. Rizzo also capped off the set with a kill that put the team up 25-19.

The Raiders also took the third set, which was tied at

6-6 early on. However, the Raiders pulled away with a 6-0 run that put them up 12-6. Bryan shined during this stretch; she had three aces during it, while junior

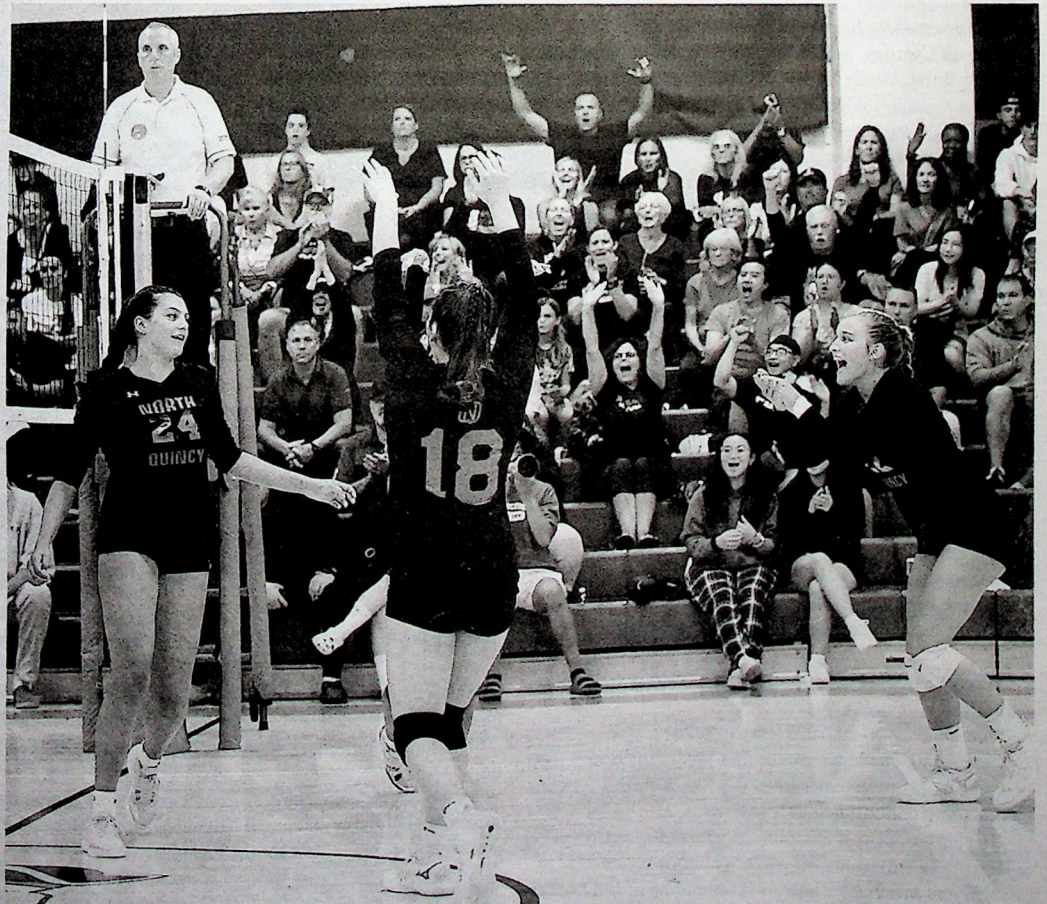


QUINCY JUNIOR Alyssa Hopps keeps her balance as she bumps a North Quincy volley for a Presidents' scoring opportunity against the Raiders Monday night.

setter/rightside hitter Sadie Johnston and O'Campos had kills to increase the team's lead. The Raiders also got a point on an error against the Presidents. The

Raiders were able to protect and expand upon this 12-6 advantage. They won the set 25-13 on an error against the Presidents.

Cont'd On Page 28



NORTH QUINCY'S (from left) Autumn O'Campos, Brooklyn Rizzo and Sadie Johnston and their fans celebrate a Raider point in North's 3-0 win over the Quincy Presidents Monday night in the NQHS gym.

EV Test Drive Day

September 24th, Sunday, 10AM - 2PM
Hale Family YMCA, 79 Coddington St, Quincy

Free food truck and icecream! Raffle prize!

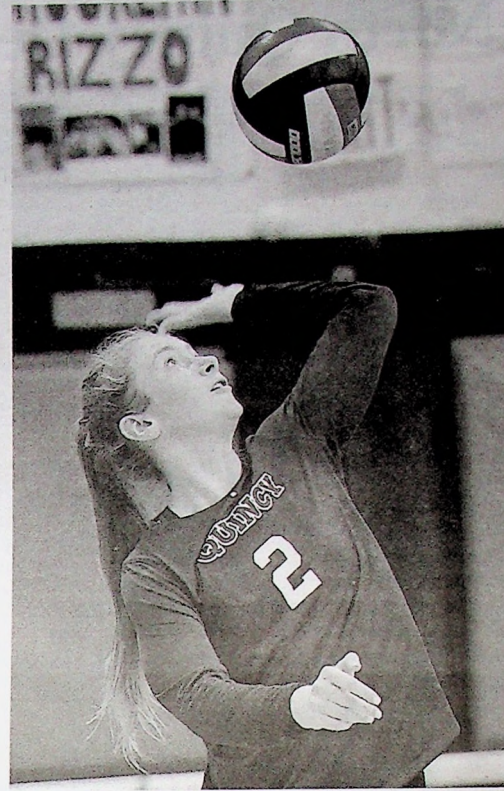
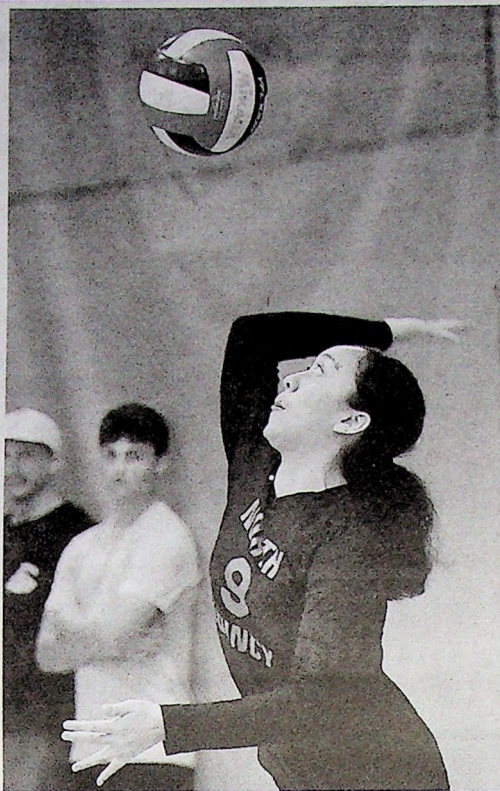
Electric Cars | E-Bikes | EV Ambassadors | Lawn Games

Scan to Register!



SERVING FOR the Presidents and Raiders are (from left to right) Quincy senior Amina Amimer, North Quincy junior Bella McKenzie and Quincy freshman Evalyn Catrambone. The Raiders defeated the Presidents 3-0 Monday night.

Quincy Sun Photos/Robert Bosworth



North Quincy Defeats Quincy 3-0 In Girls' Volleyball

Cont'd From Page 27

The Raiders have a highly experienced team this season, with 10 seniors on their roster. The roster for the Raiders this season includes: junior defensive specialist Melani Wijaya, junior setter/outside hitter Bella McKenzie, senior libero Kathy Mo, senior defensive specialist Jasmine Li, senior outside hitter/rightside hitter Jialin Yu, junior outside hitter/rightside hitter Alexia Laci, senior outside hitter Brooklyn Rizzo, senior outside hitter/rightside hitter Izzy Kramer, senior captain and setter Elle Blahut, junior setter/rightside hitter Sadie Johnston, senior middle blocker Autumn O'Campos, senior rightside hitter Mindy Lin, freshman middle blocker Josie Magnarelli, senior captain and middle blocker Ava Bryan, freshman outside hitter Jenny Li, and senior middle blocker Zara Valencius. Caitlin Plaskasovitis is the team's head coach.

The Presidents have a

Quincy Youth Hockey News

Quincy Youth Hockey Association announces registration is open for the Quincy Mite House League and this year's QMHL promises to develop a love of the game for the littlest of players!

Who can play?

The QMHL is open to all U6 and U8 players from Quincy and all surrounding cities and towns.

League Mission: for the kids to have FUN! There will be buzzer time-line changes and match lines based on skill level.

When: Saturday mornings at Quincy Youth Arena with games at 8 a.m. or 9 a.m.

Start Date: Sept. 30, 2023 - Feb. 17, 2024

Cost: \$500 - includes practice on Wednesdays at 5 p.m. and games Saturday mornings | \$300 Saturday GAME ONLY (both options include a jersey.)

To register, visit www.quincyouthhockey.net or email administrator@qyha.net for additional information.

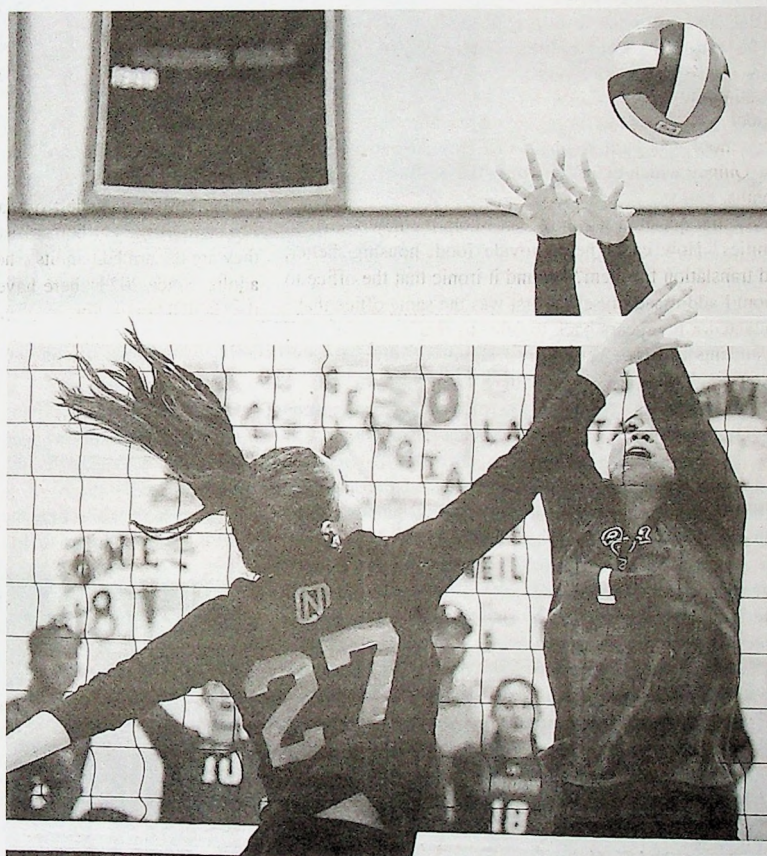
*Players must know how to skate and be in full hockey protection gear (hockey helmet, chest, elbow, knee pads, hockey pants and skates.)



NORTH QUINCY junior Sadie Johnston sets up a Raider scoring chance against the Quincy Presidents Monday night.

mix of youth and experience this season, with six seniors on their roster. The

roster for the Presidents this season includes junior outside hitter/middle blocker Alyssa Hopps, freshman setter/rightside hitter Evalyn Catrambone, sophomore defensive specialist/outside hitter Sariah Thiha Wong, senior setter/rightside hitter Paige Mann, senior defensive specialist Alondra Ibrahim, freshman libero/outside hitter Francesca Diaz,



NORTH QUINCY senior Ava Bryan (#27) tips the ball over the net as Quincy junior Alyssa Hopps tries to block the scoring chance.

junior middle blocker Destiny Francis, senior outside hitter/middle blocker Giada Guarino, junior outside hitter/defensive specialist Ella Roche, freshman setter/rightside hitter Rory Kennedy, senior libero/defensive

specialist Amina Amimer, senior outside hitter/defensive specialist Kathy Duong, and senior outside hitter/rightside hitter Shea McSweeney. The team's head coach is Jacqui Niosi.

The Raiders host Hanover Friday, Sept. 22 at 5:15 p.m.

The Presidents host Plymouth South Friday, Sept. 22 at 5:15 p.m.

Beach Cleanup Saturday

As a result of Hurricane/Tropical Storm "Lee," the Friends of Wollaston Beach postponed last weekend's COASTSWEEP cleanup.

Volunteers are invited to join the Friends of Wollaston Beach this Saturday, Sept. 23 from 10 a.m. to noon for this rescheduled event.

Pre-registration is not required; it can be done on site on Sept. 23rd. Bags and gloves will be provided.

For further details, go to friendsofwollaston.com.

To join FWB or volunteer, email Maureen Mazrimas at friendsofwollastonbeach@gmail.com.

Dues are \$10 per year and can be sent to Friends of Wollaston Beach, 49 Bayberry Rd., Quincy, MA 02171.

Soccer Teams Tie, 2-2

The Quincy and North Quincy varsity soccer teams played a double header at Creedon Field Saturday afternoon.

The scores for both the girls' and boys' games was a 2-2 tie.

In the boys' game, North Quincy's goals were scored by junior Mikael Zerva and junior Miguel Moura. Junior Kevin Marko scored both goals for the Presidents.

In the girls' game, the Raiders got goals from sophomore Jackie Manning and senior Piper Henderson. For Quincy, both Presidents' goals were scored by senior captain Grace Connor.

READERS FORUM - MORE ON PAGE 36, 37

Bay State Community Services Fully Committed To Continuing To Serve The Needs Of Quincy Residents

On Sept. 12th, a group of over 500 people participated in a meeting with state representatives and Mayor Koch to learn about the current services being provided to newly arriving immigrants in Quincy. As one of the partners of this initiative, I represented Bay State Community Services (BSCS) on the panel.

Looking into the crowd, I could see concerned, confused, angry, as well as supportive, faces. Communication and information have not always been readily available, which I believe has created misinformation and fear. The goal of the meeting was to share up-to-date information and give individuals the opportunity to ask questions. There is no doubt that this is a complex situation with many different and valid opinions.

BSCS has been providing social services in Quincy for

over 50 years. As I mentioned in the meeting, the core of our work is supporting children, youth, families, and communities. I have been fortunate to have been with BSCS for almost 30 years. We have helped thousands of individuals, children, and families in Quincy. Please know we have not done this alone. Without the support of the City, specifically Mayor Koch, many of the services we provide would not be available.

During the beginning and most frightening days of the pandemic, the first call that I received from a public official was from Mayor Koch. He asked, "What do you need?" The mayor knew that over the years we have supported thousands of Quincy youth in our Emergency Shelter and, with the food restrictions, he wanted to be sure that we could feed the youth. The mayor also fully appreciated how COVID

in-person restrictions would impact our recovery supports, including A New Way Peer Recovery Support Center. He immediately helped strategize on how to continue to support the Quincy recovery community. Without pause, he funded a 24-7 hotline for families so they could have live support and resources for their loved ones who may be struggling. These are just a few of many ways in which the mayor has supported those most in need in Quincy.

We are grateful to Mayor Koch for all of the support we have received over the years. We are fully committed to continuing to serve the needs of Quincy residents so that everyone can live and grow together in a community that we all love so much.

Thank you,
Daurice Cox, PsyD
Executive Director

'I Was A Stranger And You Welcomed Me' - Quincy Is A Loving City

"I was a stranger you welcomed me." Haitian Refugees in Quincy.

Shalom, Peace to all. Greetings! I recently learned from two friends of mine about the coming of about 58 Haitian families in Quincy. They are located at Eastern Nazarene from what I learned. My friends shared with me the tension and the concern of some in the community about the new arrival of my fellow countrymen, the Haitians.

My first reaction was to say that I know Quincy as a loving city. I am always thankful to God for the great support I have been receiving from Quincy residents and businesses. For over 12 years since the earthquake which ravaged Haiti in 2010 killing 316,000 people, Quincy has been of great help to us. I also witnessed the collapsed of St. Yves School in Haiti at that time, killing teachers and students. The school was built by my father, Joseph Fabien and it was Quincy which helped me bury the dead, which took 9 months.

My first question was how can I help the newly arrived families? How can I help provide food, housing/shelter, and translation for them? I found it ironic that the office to whom I addressed myself at first was the same office that I contacted a few years back to offer to rent my apartments to students at ENC. Yet before I could get to the Eastern Nazarene, I was on Hancock Street when I met two of the new families. They shared with me their chilling, heart-breaking and terrible story. They told me how they fled the violence, rape, killing and kidnapping in Haiti with practically nothing. They went to Latin America, especially in Brazil and Chile. From there they traveled for 10 months by foot, by car, by boat throughout several countries with their little children, about 2 and 8 years old. When they got to the border between Mexico and the USA their documents were stamped. They were given a temporary document to stay legally in the USA as well as airfare to the city were they chose to come. Others benefited from President Biden's new immigration law which allows Haitians with a passport and a sponsor to come here on an airplane legally.

God is in this story of Exodus. As the families fled from Haiti they told me they left with just a shirt on or a couple of pants, and sandals. They left their houses and businesses, some of them invaded or burned by bandits. One of them mentioned being an electrician and having had his business. Since Haitians are family oriented, we value children, especially in the womb. I understood why they undertook such perilous endeavor with their pregnant women and little children. I could see the concern on their face and also grace. They shared with me that the children were hungry. They did not want to eat since they were not accustomed to the food they were given. I directed them to a nearby Seven Eleven. In the midst of this situation there was no sign of fear in them. Haitians are people of great faith and joy, as Pope Francis stated on Jan. 1, 2023. They were thankful to God just to be alive and this situation is only temporary. To this, I exclaimed God bless America! I thank God especially for those born here, and all those living in the USA legally who are the descendants of second, third or fourth generations of immigrants. They do not know the cost of just stepping foot in this blessed United States of America, the land of "the brave and of the free."

I assured the new families that all things work for good for those who loved God and are called according to His purpose (Romans 8:28). I assured them based on my experience coming to Quincy with just a small bag that they will be not just O.K. I told them that the Lord God who brought them here will favor them as he did for me. I told them my story about how I came to Quincy with only a hand bag

after taking the wrong bus in Randolph with my mom. We landed up in Quincy Center and how the Lord showed his loving kindness on me. The Lord has since then provided for me mightily. He will do the same for them as long as they stay connected to Him. My prayer was just daily, The Lord's Prayer, The Hail Mary, the Gloria, and to meditate on "The Lord is my shepherd I shall not want" (Psalm 23:1). This brought a smile on their face. To those upset about the Haitians newly coming with legalized documents I can only say "Are you jealous because God is generous to us?" (Mat. 20:15)

I found out like in the time of the earthquake how difficult it is to reach out to the people directly and make sure they get the proper help. At the time of the earthquake, priority was given to big nonprofit organizations and big named individuals who never got us the help we needed. For this reason, most of the bandits today are children from 12 to 18 who were left orphans in the streets of Port-au-Prince after the earthquake, not receiving any help. Today they are the armed bandits who are enraged and chasing the adults. Since 2023, there have been 2,400 killings only in the Capital city of Port-au-Prince. Hundreds of thousands of people had to flee Port-au-Prince. On Aug. 26, 2023, a pastor planned a march for peace. That day 150 civilians were killed by bandits who shot them at close range. The State Department of the USA sent a notice asking Americans to leave Haiti. I wrote to President Joe Biden twice and asked him to do the right thing, and to step in to stop this bloodshed and this genocide. He wrote back to me and told me about the \$170 million he had already spent for Haiti and how much he wants peace for us. I recently sent him a third letter. I urged him, in order to stop the flow of Haitian immigrants, he must start with getting Haiti help to get rid of these young bandits. Haitians do not want to flee from our beautiful country, the most beautiful island nation of the world, I humbly say, to face insult and uncertainty abroad.

These newly arrived Haitians families at Eastern Nazarene are not here to stay in this condition. They are professionals. We Haitians are world changers, history makers, trailblazers. When we come here, it is to add to the fabric of America. We are among the fifth best educated in the Bay State. We are the workers at the nursing facilities helping the elders. We are the nurses, the doctors, the engineers, the delivery drivers, football players, etc. Haiti today is a ship without a captain. Our president has been killed since the past two years. Our civilian population is unarmed. There are some who do not want an intervention. Yet it is becoming more and more a must to stop this genocide.

I saw similarities with the time of the earthquake and this situation. My efforts to find out how to help my new Haitian brothers and sisters led me to Eastern Nazarene. When I got there I was told to contact an organization, Bay State Community Services Inc. via their website. There was no way for me to provide clothes or toys, unless new. I was also directed to a website in order to conduct an interview about the situation with those in charge. The Haitian families that were outside told me they would gladly receive used clothes and even toys. They also told me about the language barrier and how the translators were under strict rules. They had no access about how to get them around to Haitian organizations in Boston that could assist them, like IFSI.

"I was a stranger and you welcomed me." I am grateful to the people of Quincy, especially to the businesses and the Quincy residents and lawyers, namely Attorney Burke and family, Attorney Bob Dolbec and family, Attorney Jimmy Gavigan, QATV, Jonathan Caliri, Mark Crosby Michael Jarvie, Joe Catalano, Chris Carroll, Ryan Mr. McWade,

North Quincy High InterAct Club, Bernazanni School, Gennaro's Eatery, Mrs. Gail MacDonald, Mrs. Susan Bill, Mrs. Christine LeBlanc, Mrs. Dr. Marc, Chris Jaenings, the Mullen Velocity Dance, and Star Dance, Mr. and Mrs. Lynn, Mrs. Anna Zanello, Mr. Kevin and Mrs. June Betty, Mrs. Eddie Donovan, Mrs. Denise Reneghan and all the hundred businesses as well as residents who for the past 12 years have been helping us with the rebuilding of St. Yves School. This helped us so far to rebuild a simple 12 room edifice. As of June 2023, St. Yves School welcomed about 500 children. In the past couple of weeks, the principal informed me that the school had to become a refuge for the victims of burned houses and shooting in the near area of Carefour feuilles, where 54 people were killed in August 2023.

Thanks to all in Quincy for their support. To all in Quincy who support us, May the Lord bless you abundantly, may you get huge door openings, may you win all your battles, may your children shine always and have great peace, may money follow you, your stocks, your bank accounts, and your wallets, may sickness flee you and all your families, may you be always joyful and never bury any young family members, may all those who look down on you, look up to you, and those who reject you, celebrate you. And may your shame turn into fame, in the mighty name of Jesus. We pray for all who complaint about the Haitian presence. We pray for your blessing.

Thanks Quincy Sun Mr. Bob Bosworth. Our thanks to those who welcomed us at Eastern Nazarene. Thanks especially to Dr. Bill McCoy for the warm and humble welcome that he gave us. He was brave enough to be like Moses when he was going to Canaan didn't listened to the bad spies who told him that the land had giants. Instead Moses listened to Joshua and Caleb who told him that they were well able to enter the Land. (Numbers 13 :1-40.). My brothers and sisters are temporary in Eastern Nazarene. People of Quincy, Chill out! Instead, the new Haitians are looking forward to more permanent homes and to send their children to school until peace is restored soon in our beautiful Haiti. A country which I declare and decree will be like Qatar, like Dubai, a Japan of the Caribbean where we can welcome you all In the mighty name of Jesus.

Watch us on Qatv.org channel 8 Saturday 7 p.m., Wednesday 7 p.m., Sunday 1 p.m. YouTube The Call Global or write to us St. Yves School Foundation P.O. Box 60 Wollaston Ma 02170.

"I was a stranger and you welcomed me." Shalom peace Quincy as we pray for peace in Ukraine, in Burkina Faso, in the Niger, in Morocco, in Jerusalem, and in the whole world. May God Bless Quincy, God bless Haiti, God Bless the United States of America, and the entire world.

Shalom Peace
Marie Denise
Quincy

Tree ID Walk At Faxon Park Saturday

Ever wished you knew how to identify tree species? Horticulturalist and Quincy Tree Alliance member Ben Houston will tell you how at a free public walk in Faxon Park at 10 a.m. on Saturday, Sept. 23.

Participants are asked to meet at the parking lot about a quarter-mile past the playground (59R Faxon Park Rd., Quincy), near the rotary. The lot is labeled "Red Diamond Trailhead" on Google Maps.

Sheriff's Office To Host PMC Kids Bike Ride Oct. 1

The Norfolk County Sheriff's Office is partnering with the Pan Mass Challenge to host PMC Kids Bike Ride for ages 2-15 on

Sunday, Oct. 1st, from 10 a.m. until 12 noon. The ride will take place at the Sheriff's Braintree Public Safety Complex at 2015 Washing-

ton St. in Braintree.

"We are excited to partner with the Pan Mass Challenge for this Kid's Ride event as part of NCSO's

continuing commitment to community engagement and public safety. These types of partnerships not only help raise funds for critical can-

cer research, they also help increase awareness so that we can improve treatment and find a cure," said Sheriff Patrick McDermott. "As a participant in the Pan Mass Challenge for over 30 years, this partnership is particularly meaningful for me."

The Sheriff's Office will be sponsoring the registration fee for the first 25 kids who sign up. To register your child, visit <https://kids.pmc.org/norfolk-county-sheriffs>.

The expected bike route is about a quarter mile for each loop for ages 6 - 15, and for participants ages 5 and under, there is a smaller loop for the ride.

Riders are asked to arrive between 9 - 9:15 a.m., for

the bike decoration contest. Following the contest there will be an opening ceremony and announcement of the contest winners.

The ride will begin at 10 a.m. for the ages 6-15 route and 10:15 a.m. for the ages 5 and under route.

According to PMC, the Kids Ride program raised \$326,000 just last year and has raised a total of more than \$10 million since its inception.

For more information on this and other community events hosted by the Norfolk County Sheriff's Office, follow us on Facebook at www.facebook.com/norfolksheriff or on Instagram @norfolksheriff.

Quincy's Joe Streadwick To Be Inducted Into Mass. Chapter Of National Wrestling Hall Of Fame

Quincy has a rich history of wrestling especially in the early 1900's when immigrants brought their culture and sports with them to America.

Quincy's own Joe Streadwick will be inducted into the Massachusetts Chapter of the National Wrestling Hall of Fame posthumously on Saturday, Oct. 28 at 3 p.m. at the Putnam Club of Gillette stadium.

Joe trained and wrestled in AAU tournaments during the 1920s and 1930s. He then went on to coach at the Quincy YMCA for 50 years (1930s through the 1980s). Joe was instrumental in coaching generations of young men throughout the South Shore. He was one of the true leaders of Massachusetts wrestling.

While only a few high schools had wrestling teams at the turn of the last century, many youngsters in Massachusetts learned to wrestle at their local YMCA's.

A modest man, it might be easy to overlook Joe Streadwick's impact on the sport of wrestling in our state. Under his leadership, the Quincy "Y" program was one of the premier YMCA programs in the state. Streadwick taught athletes from the South Shore including Brockton, Plymouth, Scituate, Marshfield, Braintree, Weymouth and Quincy.

Joe Streadwick was one of the most impactful wrestlers and coaches in our state. He coached wrestling twice a week, 52 weeks a year for over 50 years at the Quincy "Y". High School and college wrestlers would routinely travel to the YMCA for instruction and competition.

Joe, who was born in 1901 and was a pioneer in the growing sport of wrestling. Streadwick trained at the Young Men's Christian Union in Boston and competed in regional and national AAU tournaments. He can be seen in a vintage photograph taken in 1929 with the Young Men's Christian Union Wrestling Club in Boston.

Joe Streadwick won the New England AAU Championships on three separate occasions at 147-pounds and placed second on three other occasions.

A 1929 newspaper described the AAU National Freestyle Championships in New York City where Joe placed in the top-4 at the 147-pound weight classification. At that time there were only eight weight classes (112, 118, 126, 135, 147, 160, 175 and 220).

Streadwick met Arlie Tomlinson, an All American from Oklahoma A & M, in the finals of the 1931 National AAU Tournament in Michigan. Tomlinson was a returning AAU Champion and one of the top collegiate wrestlers of his era at Oklahoma A & M. Joe Streadwick was not a young man (30 years old) when he finished as the national runner up.

Joe hoped to represent the United States in the Olympics. He qualified for the Olympic Trials in both 1932 and 1936 but was denied his dream. Joe eventually represented the United States as a wrestling official in the 1964 Tokyo Olympics.

After high school Joe went to work at Pneumatic Scale Corporation in Quincy where he worked in the machine shop for 44 years without missing a day of work.

Joe Streadwick began coaching at the Quincy YMCA in 1927. After his competitive wrestling days were over, Joe coached, clerked, ran tournaments and officiated until the 1980's.

Vaughn Lovejoy, who later coached with Streadwick at the "Y" explained that "there would have been no Quincy YMCA program without Joe."

A quiet man, Streadwick passed on his knowledge of the sport to many outstanding athletes, most notably Jim Peckham (1956 Olympian and two-time Olympic Coach) and Colin Kilrain (Braintree High School and Lehigh University 3x All-American).

In the late 1970's and early 80's, Streadwick assisted Coach Carmen Mariano's outstanding Quincy High School "Men at Work" teams. Joe would coach for 12 years at QHS (1975 until 1987) when he finally retired at the age of 86 years old.

Coach Mariano described how "the Quincy High School program struggled at first with lack of depth and numerous losses." The Quincy High wrestlers soon discovered that

working out at the "Y", which was across the street from the high school, would develop their wrestling skills and technique.

Lou Venturelli, a wrestler at Quincy High School described Streadwick as a calm and quiet man, even while coaching a wrestling match. He would spend his time during the match taking notes. At practice the next day, Joe would walk around and go over the notes with each of the wrestlers.

Joe was active well into his 80s. He was a firm believer in a proper diet, vigorous exercise and clean living. He religiously ran every day until the age of 75. Joe started the day by lifting weights every morning at exactly 6:45 for nearly 50 years. He worked his core muscles which allowed him to participate in his other two avocations, candlepin bowling and golf.

With more high schools on the South Shore adding wrestling in the 1970s, the Quincy "Y" became a popular off-season site to train. There were hundreds of wrestlers from the South Shore who placed at Sectionals and States because of the work that they put in at the "Y."

The wrestling program at the "Y" was a welcoming place for youngsters from around the area. Joe Streadwick, and later Norm Collier and Vaughn Lovejoy helped young wrestlers by teaching technique, tactics and conditioning and encouraging them to strive to be the best.

Mariano recalled that, "together, Joe, Norm and Vaughn built a program around a climate of acceptance, encouragement, and togetherness. These special men ran no ads and dropped no flyers. Word of mouth and a simple sense of belonging got kids there and brought them back."

Athletes from neighboring towns became friends and helped one another to improve on the mat while having fun. The numbers at the "Y" grew because teammates could see the improvement brought about by the extra work and the satisfaction and fun they were having.

College wrestlers would also stop by practice to work out and stay in shape for the freestyle and Greco-Roman tournaments held around Massachusetts during the spring and summer.

Over the years, thousands of wrestlers can look back on their time in the YMCA wrestling room as being pivotal to their success in high school and college. Wrestlers from the area went on to compete at UMass, Michigan State, Lehigh, Boston College, Columbia, Cornell, Springfield College and Mass. Maritime.

Neil Cannon, from Milton High School fondly remembers competing for the Quincy "Y" from 1961 to 1964. Joe Streadwick took his "Y" team to all the AAU competitions in Boston (YMCU), Attleboro, Taunton, Haverhill, Lawrence and Springfield College.

Neil Cannon, who wrestled for Norm Tardiff at MHS, led Milton to second place in the Massachusetts State Tournament in 1962 and 1963 before Milton HS won the Massachusetts State Championship in 1964. Cannon felt that the time put in at the Quincy "Y" was instrumental in achieving that distinction. He believed that Joe Streadwick was vital in his team's development.

The 20th Annual Massachusetts Chapter of the National Wrestling Hall of Fame induction banquet will take place on Saturday, October 28th, at Gillette Stadium in Foxborough, Massachusetts.

The honorees' achievements will be recognized by the prestigious National Wrestling Hall of Fame and Museum in Stillwater, Oklahoma. Their names will also be memorialized on the National Wall of Honor.

The evening will commence with a cocktail reception at 3 p.m., followed by a plated dinner and induction ceremony at 5 p.m. It promises to be a fun evening of celebrating and reminiscing while honoring these remarkable individuals and their great accomplishments.

To purchase tickets, visit <https://ma-nwhof.ticketleap.com/2023-honors-banquet>. If you require any assistance, contact text or call Rene Canezin (Treasurer) at 617-604-3868 or nwhof.ma@gmail.com.

Maimouna Mathy Scholarship Recipient

Lifeworks, a nonprofit human services provider that supports people with intellectual and developmental disabilities, today dedicated a new bistro at its Westwood campus in memory of Mercedes Warren, a longtime volunteer and supporter of the organization.

Mercedes Warren's son, Tom, who is supported by Lifeworks, helped cut the ribbon to officially open the new dining and gathering space for Lifeworks' individuals and families, employees and visitors. The Warren Bistro is located at the Abel Therapeutic Center and members of the Warren and Ramsay families, whose donations made the project possible, were on hand for the celebration.

The day habilitation program, which is also located at the Abel Therapeutic Center, hosted events throughout the day to celebrate the new bistro. Lifeworks President and CEO Daniel Burke capped off the day's



MAIMOUNA MATHY

festivities with the presentation of seven educational scholarships, including five to current Lifeworks employees who are continuing their education.

The 2023 scholarship recipients include one from Quincy.

Maimouna Mathy of Quincy is the recipient of the 2023 Mary Walsh Scholarship. Mathy is an Aware Overnight Teacher/Counselor for Lifeworks and attends Laboure College.

Crane Library To Host Paranormal Expert Ronny LeBlanc Sept. 28

Director Sara Slymon announce the Thomas Crane Public Library will host independent researcher, screenwriter, and best-selling author Ronny LeBlanc on Thursday, Sept. 28 from 6-7 p.m. in the Community Meeting Room, Main Library, 40 Washington St.

LeBlanc, a Massachusetts native, is a globally recognized figure in the world of the paranormal, Bigfoot and UFOs.

During the event, LeBlanc will share his insight into paranormal hot spots across New England.

The event is free to attend and no registration is required.

LeBlanc's best-selling book "Monsterland: Encounters with UFOs, Bigfoot and Orange Orbs," details the history and connection between the various phenomena, highlighting his experience and a research area called Monsterland in central Massachusetts.

To learn about more upcoming events at the Thomas Crane Public Library, visit the library's Events Calendar, Facebook, or Instagram.

OBITUARIES

Katherine V. Dunford

Katherine V. (Walsh) Dunford, of Quincy, passed away peacefully on Sept. 9th surrounded by her family including her husband of 69 years Joseph F. Dunford Sr.

Kay was the daughter of Irish immigrants Coleman and Bridget (McDonough) Walsh and grew up in South Boston, the youngest of eight children. A proud graduate of Gate of Heaven High School, in 1952 she met the recently returned Marine Joe Dunford and they were married in 1954 at Gate of Heaven Church. They started their family on H Street, then moved to East Broadway in South Boston before moving to Quincy in the mid-60's, where she was a faithful parishioner at Our Lady of Good Counsel Parish and longtime member of the Merrymount Association.

She enjoyed bowling, playing kitty whist with "Club," and loved her trips to Ireland, winters in Marco Island, and summers on the beach in Marshfield with her large circle of friends. Above all she was most proud of her family and loved being with her grandchildren. Whether a good old-fashioned cook-out in Marshfield, attending a school play, an athletic event, or concert at the schools, she enjoyed watch-



KATHERINE V. DUNFORD

ing her grandchildren grow and prosper. She was a member of the BC High Mothers' Guild and supported numerous church and scouting events over the years.

Kay was the loving mother of General Joseph F. Dunford Jr, USMC Retired and his wife Ellyn S. of Marshfield, MA, Paul E. Dunford and his wife Christine M. of Milford, DE, Michael P. Dunford and his wife Kathryn H. of Dennis, MA, and James E. Dunford and his wife Karen B. of Arlington, VA. She was the loving grandmother to 12 grandchildren and one great grandchild. She is also survived by many nieces and nephews.

She was predeceased by sons, John Joseph Dunford and Thomas Coleman Dunford, and brothers John, Martin, Thomas, Coleman, Edward and the Very Reverend Michael P. Walsh, SJ, former President of Boston College, and Fordham University and one sister Mrs. Mary T. Hayhurst.

Visiting hours were held Saturday, Sept. 16th, at Keohane Funeral Home, 785 Hancock St., Quincy, followed by a Funeral Mass at Our Lady of Good Counsel Church, 237 Sea St. in Quincy. Private burial at the National Cemetery in Bourne, MA.

In lieu of flowers, donations in Katherine's name may be made to the Sempier Fi Americas Fund, 825 College Blvd, Suite 102, PMB 609, Oceanside, CA, 92057; The Cape & Islands Veterans Outreach Center, 247 Stevens St., Suite E, Hyannis, MA 02601; or Ascend Hospice, 352 Belmont St., Worcester, MA 01604.

Mary C. Cohane, 82

Mary Catherine (Kasper) Cohane, of Quincy, passed away peacefully on Sunday, Sept. 3, 2023. She was surrounded by the love of her family, friends and faith throughout the weekend and her life. She was 82 years old.

Mary was born in Boston on Nov. 21, 1940, and was the daughter of the late Frank J. and Catherine (Riordan) Kasper. She was raised in South Boston and graduated from Gate of Heaven High School.

Mary's life was focused on service. She was a selfless person and always took care of others from a very young age. Her family was her world. She was a mother, grandmother, sister, aunt & a best friend to many. She was clever, quick to laugh and was the best listener to all. She could beat anyone at Jeopardy at almost any time. She loved backyard cookouts and for years she spent many days walking to & from the beach for beach outings with her children and the whole Bromfield Street neighborhood. She loved to host large family gatherings throughout the year and especially on the holidays. Mary made sure everyone was welcome and there was a seat at the table for all. She loved spending time in Dennisport, Cape Cod, where most of her favorite summertime memories were made with her family. She was a consummate babysitter and loved to play card games like Old Maid & Go Fish with the grandkids. Other interests included reading, writing, music, singing, attending theatre, gardening, walking, crafts, cooking & attending church. In addition to raising her family, Mary worked in banking & was involved in many volunteer opportunities throughout the years, especially those involving children.

Overall, her most favorite pastime was spending



MARY C. COHANE

time with her family, friends, neighbors and her dog, Benji. He was her loyal, furry companion and they could not get enough of each other.

Mary was the devoted mother of Susan M. Klein and her husband Kevin of Cambridge, Paul Cohane and his wife Jonna of Kingston, Kevin Cohane and his wife Jenny of Norwell, and Kathryn "Katey" Cohane of Quincy. She was the loving grandmother of eight: Erick Cohane-Jones, Ciara & Aidan Cohane, Pete and Annie Cohane, Maddie Klein, Alex Johnson & Erin Hilton. Mary was also a great grandmother of three. Mary was the dear sister of Dolores Rygiel and her late husband Ed of Arlington. She was preceded in death by her siblings: Frank Kasper, Micky Neas, and Dennis Kasper. Mary is also survived by many loving nieces, nephews, extended family, and her canine companion, Benji.

Visiting hours were held Monday, Sept. 18, 2023 in the Keohane Funeral Home, 785 Hancock St., Quincy.

A Celebration of Life Service was held in the funeral home on Tuesday, Sept. 19, 2023, prior to the Funeral Mass at Divine Mercy Parish in St. Ann's Church, Quincy. Interment is private.

In lieu of flowers, memorial contributions may be sent in Mary's name to Tommy's Place Foundation, Inc., 90 Shore Ave., Quincy, MA 02169, or by visiting: www.donorbox.org/tommysplace.

Jeffrey T. 'Jethro' Saucier, 45

Jeffrey T. "Jethro" Saucier, age 45, a lifelong resident of Quincy, passed away, Sunday, Sept. 10, 2023.

Jeff was born in Winchester, raised and educated in Quincy. He was a graduate of Quincy High School, Class of 1996.

Jeff was employed as a butcher. He was proud to have started his career at Previte's Marketplace in Quincy. He went on to work for Smith & Wollensky and later, Roche Brothers Supermarkets for fifteen years.

Jeff was passionate about, and very talented at, cooking.

Beloved husband of the late Lorys (Piontkovsky) Saucier.

Devoted father of Ashley Saucier, Adriana Saucier, and Olivia Saucier.

Cherished son of the late Paula (Felix) Saucier.

Dear brother of Joseph Saucier, Janet Doherty, and the late Lisa Saucier West.

Former husband of Jill



JEFFREY T. 'JETHRO' SAUCIER

(Chludzinski) Saucier.

Memorial Visiting Hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Sunday, Sept. 17.

In lieu of flowers, donations in Jeff's memory may be made to the South Shore YMCA's Camp Hayward for Girls at www.campburgessandhayward.com.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Timothy E. Lynch, Jr.

Timothy E. Lynch, Jr. of Natick, formerly of Quincy, died Sept. 11, 2023 after a courageous battle with cancer. A native of Quincy, Tim was a beloved son, brother, husband, father, and grandfather. Born to Tim Sr. and Norma Lynch, he grew up in the same community where he would go on to raise his own family.

Tim served 4 years in the US Air Force before beginning his career with Verizon. As a proud member of IBEW Local 2222, he was known for his strong work ethic. Outside of work, he and his wife Nancy enjoyed many vacations, more so when he did not have to plan them. They traveled to New York, San Francisco, France, and Italy, in addition to multiple cruises and short getaways. After 37 years with Verizon, he retired and turned his focus to his favorite job, being an amazing grandfather.

Tim lived for his family, spending countless hours coaching hockey for QYH, and basketball for Sacred Heart Church as his children grew. As a father, he was proud of his children and their spouses. As their families expanded, the new additions quickly became the light of his life. Walks, mini golf, puzzles, playground fun, and pool time were all highlights of his time spent with his five grandchildren. Tim is survived by the beloved husband of Nancy



TIMOTHY E. LYNCH, JR.

(Arthur) Lynch of Natick. Loving son of Norma (Zagami) Lynch of Cottleville, Missouri and the late Timothy E. Lynch. Devoted father of Kevin Lynch and his wife Chealsey of Rindge, NH, Dianne Borneo and her husband Joe of Natick and Brian Lynch and his wife Victoria of East Boston. Brother of Blanche Kavin of Cottleville, Missouri and the late Mary Dianne Lynch. Cherished Papa of Madison, Nathan, Timothy, Vivian and Grace. Tim is also survived by many nieces and nephews.

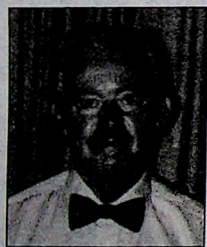
Visiting hours were held Tuesday in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service will be held in the funeral home at 9:45 a.m. on Wednesday prior to the Funeral Mass in Sacred Heart Church, Quincy at 10:30 a.m. Cremation will follow.

In lieu of flowers, donations in memory of Timothy may be made to Dana Farber Cancer Institute, P.O. Box 849168-9168. See www.Keohane.com for directions and online condolences.

In Loving Memory on Your Birthday

EDWARD U. O'DONNELL

September 23, 1917



Happy Heavenly Birthday Love, Catherine & Family

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NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

Brian M. Buchanan, 62

Brian M. Buchanan, age 62, of Quincy, died peacefully, Saturday, Sept. 16, 2023 at Saint Anne's Hospital, surrounded by his loving family.

Brian was born and raised in Quincy. He attended Quincy public schools and St. John's elementary, graduating from Quincy High School, Class of 1979. He lived in Quincy for most of his life. He was affectionately known by his nickname, Beaver.

He worked as an electrician for many years on the South Shore and Boston area and worked as a tunnel worker during the Big Dig project.

Brian enjoyed fishing, good music and watching Boston sports teams. He was a great cook and loved a good meal. Brian was a fan of comedy movies and especially loved the comedy Airplane, often quoting from it.

He will be remembered



BRIAN M. BUCHANAN

for his storytelling ability and sharp memory for details. He was easygoing and likable with a great sense of humor. He was always at his best when caring for others.

Beloved son of the late Anne B. (Deady) and James J. Buchanan, Q.P.D., Retired.

One of five children, he was the devoted brother of Lauri A. Folkins and her husband Peter of Quincy, Leah M. Scheffler and her husband Randy of Foxboro, the late Mark J. Buchanan, and

the late Scott S. Buchanan.

Loving uncle of Madison, Myles, and Isabelle Buchanan, Kyle and Kayla Scheffler, and Brittany Folkins Lucreziano.

Dear great uncle of Tessa and Sadie Buchanan, Myles, Jr. and Francesca Buchanan, and Zane Bazinet.

Brian leaves behind many cousins and aunts and uncles as well as many friends.

A celebration of Brian's life will be held at a later date to be announced.

For those who wish, donations in Brian's memory may be made MSPCA-Angell, ATTN: Donations, 350 South Huntington Ave., Boston, MA 02130 or at <https://www.mspca.org/donate-now/>.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Free Walking Tours At Faxon Park

The Department of Natural Resources is offering two free walking tours of Faxon Park on Saturday, Sept. 30 at 10 a.m. and 2 p.m.

Entitled "Fun Facts and Games in Faxon Park," the tours will explore some out of the way areas in the park. Participants will have the opportunity to try out one hole of a disc golf course and to play ping pong on a

table carved into four sections.

The tours will also follow part of the Faxon Park Quest, a nature treasure hunt created by clever Quincy Girl Scouts years ago.

At the end of the tour each participant will receive a game to take home to be played in the park with friends or family at another time.

The tours will be a leisurely stroll over hiking trails, some with wood chips, on uneven, slightly hilly ground and last approximately two hours. Space is limited and registration is required by emailing sowen@quincyma.gov indicating which tour you would like to take and how many people in your group.

Social Security: What Is The Cost-of-Living Increase For 2024?

By AMAC Foundation Social Security Advisory Service

Calls have already started coming in asking what the cost-of-living increase (COLA) is going to be for 2024. When do I get the increase? There are news articles already making announcements of the current CPI, which is the CPI-U. This is the Consumer Price Index for All Urban Consumers, (U.S. city average). The CPI-U is used in federal legislation, such as the indexation of federal income tax brackets. Whereas the COLA increase for Social Security is based on the CPI-W. Consumer Price Index for Urban Wage Earners and Clerical Workers.

The CPI-U is currently 3.2%, whereas the CPI-W at this point is 2.6%. This is based on comparing July 2022 to July 2023. The COLA is based on the average growth of inflation between July, August,

and September of the prior year. This means the current CPI-W of 2.6% can go up or down when the average of those three months is determined. The COLA is announced around the middle of October and will be applied to your December 2023 Social Security payment that you will receive in January 2024. There is not always a cost-of-living increase as was the case in 2010, 2011 and 2016.

Due to the declining inflation rate most economists are predicting a 2024 COLA increase between 2.7% and 3%. Whatever the COLA increase ends up being, you also need to take the cost of Medicare Part B into consideration. The Medicare Trustees forecast Medicare Part B will increase in 2024, but by how much has not yet been determined.

The COLA increase will be announced around October 13th, 2023, and the cost of Medicare Part B toward

the middle of November 2023. Therefore, it will be a couple more months before the actual COLA increase will be known, than almost another month to find out how much the cost of Medicare Part B will increase. You will receive the full COLA, but it will be reduced by any increase to Medicare Part B.

AMAC Foundation Social Security Advisory Service

ssadvisors@amacfoundation.org or call: (888)750-2622

The 2.4 million member Association of Mature American Citizens [AMAC] www.amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country.

Cornelius 'Neil' P. Cronin, 97

Cornelius 'Neil' P. Cronin, of Quincy, formerly Savin Hill, at age 97, passed away on September 15, 2023.

Beloved husband of the late Rita M. (Goff) Cronin. Loving father of the late Mary Cronin, the late Neil Cronin, Kathleen Cronin and spouse Philip Rice, Stephen Cronin and spouse Amy, Michael Cronin and partner Tomo Sasaki, and Annemarie Tucker and spouse Michael. Last surviving sibling of and much loved brother to the late John Cronin, Joseph Cronin, Elizabeth O'Reilly, Mary Mackey, Sister Christiana of CSJ, Renie Atkinson, and Claire DaSilva. Cherished grandfather of 8 grandchildren and 2 great grandchildren.

After graduating Suffolk University with the



CORNELIUS 'NEIL' P. CRONIN

aid of the G.I. Bill, Neil rose through the ranks of the Boston School System to become principal of the James F. Condon Elementary School. He was a man of many interests and talents; he excelled in tennis, hockey, and golf, and remained active right up until his early 90s. Neil was an avid reader and classical music lover; he had a beautiful tenor voice and always enjoyed singing

a duet with Rita, who sang soprano. Above all, he was a kind, lovely person who delighted in meeting and talking with all.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Thursday, Sept. 21 from 4-7 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy.

A Celebration of Life Service will be held in the funeral home at 9:15 a.m. on Friday prior to the Funeral Mass in Sacred Heart Church, Quincy at 10 a.m.

Burial in Cedar Grove Cemetery, Boston.

In lieu of flowers, donations in memory of Neil may be made to Sisters of St. Joseph, 637 Cambridge St. Brighton, MA See www.Keohane.com for directions and online condolences.

Mike's 5K Road Race Oct. 14

Mike's 5K Road Race to Crush Substance Abuse will take place Saturday, Oct. 14 in Milton.

Started in 2017, this annual 5K walk and run raises money for substance use disorder prevention and treatment programs benefiting a variety of organizations including the Milton Coalition, Bay State Community Services, the Gavin Foundation, the Labour Center, the Boston Bulldogs Running Club and the Grayken Center. More than \$490,000 has been donated

to these organizations since 2017.

Dianne Mulcahy, the mother of Michael Mulcahy, whom the race is named after, said: "My involvement in Mike's 5K keeps the memory of Michael alive. This event is all about families and individuals going through the awful disease of addiction. I know Michael is with us every race day and pushing us all along to a successful finish!"

Michael Mulcahy passed in 2016 after a 10-year battle against substance use

disorder.

Nancy Jesson, the mother of Mike Jesson, who, with her husband, Bob Jesson, are among the biggest fundraisers and supporters of the annual race, said: "We are so proud to support the fight against substance abuse and carry on the memory of our beautiful son!"

Doors at the Cunningham and Collicot Schools on Edge Hill Road in Milton will open at 9 a.m. and the 5K begins promptly at 10 a.m. Register and donate at mikesfivek.org.



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BBB Tip: Protecting Older Adults From Scams, Abuse

By BETTER BUSINESS BUREAU

Like many of us, older adults are often targeted by con artists. Many victims don't ask for help until it is too late! Help your friends,

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO23P2483EA

Commonwealth of Massachusetts The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Roger P. Belanger
Date of Death:
07/04/2023

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Karen A. Nord of Topsham, ME** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Karen A. Nord of Topsham, ME** and **Evangelina Soucie of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **With Personal Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 A.M. on the return day of 10/18/2023**. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: September 13, 2023
COLLEEN M. BRIERLEY
Register of Probate

family, clients, or patients avoid fraud by knowing the signs of current or impending fraud.

Warning signs that fraud may occur

- **Frequent junk mail and spam calls.** Incoming junk mail (illegitimate sweepstakes offers, etc.) or receiving frequent calls from people offering valuable rewards or asking for charitable donations are signs that fraud could easily occur or may have already occurred.

- **Unfamiliar payments are being made.** Checks written or payments made to unfamiliar or out-of-state companies should be a red flag.

- **Acting secretly about phone calls or messages.** When someone hides or acts secretly about phone calls and messages, it could signify that they have engaged a scammer.

- **Sudden problems paying bills or buying food and other necessities.** A sudden lack of funds could

mean an individual's money is being drained in some form of scam activity. The cause should be investigated to rule out fraud.

Tips for helping your loved one avoid fraud

- **Become familiar with common scams targeting older adults.** Knowing the most common tactics used to target older adults can help you more quickly identify when scams occur.

- **Emphasize the criminal nature of telemarketing and email fraud.** Help your loved one learn how to identify it and help them understand that these tactics are illegal. In participating, it is possible they could be pulled into criminal activity unknowingly.

- **Encourage the person to ignore phone calls and messages that appear suspicious.** Don't reply to or click links within emails or text messages they are unfamiliar with.

- **Have a calm discussion about securing accounts and monitoring finances.** Helping older adults monitor their finances can be a great way to prevent scam activity and identify if it has occurred.

- **Help the person change their phone number.** If constant calls continue, changing the person's phone number may be worth changing. Registering the number with the Do Not Call list is a great first step, although scammers won't

necessarily follow the Do-Not-Call list laws. If unsafe calls continue, it may be best to change the phone number.

Recognizing abuse against older adults

The most common types of abuse are physical, emotional, financial, and verbal. The National Council on Aging says up to five million older Americans are abused yearly, and the annual loss by victims of financial abuse is estimated to be at least \$36.5 billion. In Canada, over 10 percent of older adults are victims of crime, and some experience violent crimes or physical abuse.

BBB recommends that family, friends, and caregivers learn the signs of abuse or neglect in older adults. Business owners dealing in the industry can share these signs with employees.

Signs of neglect

- **Lack of basic hygiene, adequate food, or clean and appropriate clothing.** When basic needs are not being met for an individual in the care of another, neglect should be suspected.

- **Missing medical aids or skipped doctor's appointments.** Medical aids (glasses, walkers, hearing aids, medications) and regular physician visits are critical to a healthy and active life for older adults. If these things are absent or ignored, it could be a sign of neglect.

- **The person is often unsupervised.** Caregivers must supervise their patient or loved one, especially if the person requires additional assistance because of dementia or other disorders. The level of supervision may vary depending on the needs of the person in care,

but in all cases, a lack of supervision could be a sign of neglect.

- **The person is confined to a bed without regular care.** Adults under medical or family supervision should be assisted in getting out of bed and moving around. Being confined to a bed can be detrimental to physical and mental health and is a sign of improper care. If an individual is bed-bound, they should still be repositioned and cleaned regularly.

- **The home is overly cluttered, in disrepair, or fire and safety hazards are present.** An unsafe home can be a sign of neglect and should be addressed due to safety hazards. Caregivers are tasked, in part, with creating a safe and healthy living environment.

- **A home without adequate facilities (stove, refrigerator, heating, cooling, plumbing, and electric).** Regardless of age, everyone requires basic access to utilities and a temperate environment. If these facilities are missing, it could be a sign of neglect, or the person needs additional care and assistance.

- **An untreated pressure sore (bed sores).** Bed sores can happen as older adults become more immobile, but they are preventable with the proper care. Untreated sores are a sure sign that a person is not being cared for properly.

Signs of financial abuse or exploitation

- **Lack of amenities the person could typically afford.** A sudden problem with affording the basics, especially if the person was able to in the past (with no change in income), is a sign of financial abuse or exploitation.

tation. This could be from a family member, caregiver, or con artist.

- **Giving excessive financial reimbursement or gifts for care and companionship.** Care and companionship are necessary and can take a financial toll occasionally. But if care costs drain an individual's bank account, it's time to investigate and re-assess.

- **The caregiver controls the person's money but fails to provide for their needs.** A sure sign of financial exploitation is when a caregiver fails to provide an older person with adequate supplies, food, clothing, or other necessities.

- **The caregiver is overly concerned about the person spending money.** Caregivers should be concerned with an individual's spending habits if it is damaging to their health or well-being. Still, average daily spending should not be of concern to a caregiver.

- **Unexpected or unexplainable property transfers such as a power of attorney or a new will.** These can be especially concerning when the person in care cannot comprehend the transaction or what it means. When in doubt, family and friends should look into these transactions carefully.

Signs of psychological and emotional abuse

- **Unexplained or uncharacteristic changes in behavior.** A drastic change in demeanor or a withdrawal from normal activities is a red flag that abuse may be present.

- **Unexplained weight loss or appetite changes.** If medical professionals can find no other cause, it may

Cont'd On Page 35

LEGAL NOTICE

CITATION ON PETITION FOR SALE OF REAL ESTATE BY A PERSONAL REPRESENTATIVE
Docket No. NO20P0203EA

Commonwealth of Massachusetts The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
John C. Starr, Jr.
Date of Death:
02/01/2019

To all interested persons:
A Petition for Sale of Real Estate has been filed by:
Duane G. Sullivan, Esq. of Quincy, MA

requesting that the court authorize the Personal Representative to sell the decedent's real estate at a private sale.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this court before: **10:00 A.M. on the return day of 10/04/2023**. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: August 30, 2023
COLLEEN M. BRIERLEY
Register of Probate

LEGAL NOTICE

CITATION ON PETITION TO CHANGE NAME
Docket No. NO23C0354CA

Commonwealth of Massachusetts The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

In the Matter of:
Brayton Cooper Bieker

A Petition to Change Name of Minor has been filed by

Brayton Cooper Bieker of Quincy, MA

requesting that the court enter a Decree changing their name to:

Brayton Cooper Bieker-Hanson

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: **Norfolk Probate and Family Court** before **10:00 a.m. on the return day of 10/04/2023**.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: August 25, 2023
COLLEEN M. BRIERLEY
Register of Probate

PUBLIC NOTICE

TREE HEARING
September 28, 2023

Quincy Parks and Recreation Meeting Room
One Merrymount Parkway
12:00pm

Location of Tree	DBH	Type of Tree
12 Conrad Street	14"	Red Maple

Please note that you do not need to attend the Tree Hearing to be heard. If you cannot attend but are for or object to the removal of any of the tree listed and want your thoughts to become public record, please email the Tree Warden at dcathcart@quincyma.gov. Your concerns will be read into the public record at the hearing. Your email must be received by 4:00 pm on September 27, 2023.

If you have any questions, feel free to contact Daniel Cathcart at the email listed above or at 617-376-1289.

9/14/23, 9/21/23

Legal Notices for Publication

Should be emailed to:

quincysunsubs@gmail.com
or
thequincysun@verizon.net

Need more information? Call 617-471-3100

BBB Tip: Protecting Older Adults From Scams, Abuse

Cont'd From Page 34

be worth investigating if abuse is the cause of a sudden change in weight or appetite.

- **The caregiver isolates the person from others.** A caregiver should always be

willing to help older individuals visit their loved ones and medical professionals.

- The caregiver is verbally aggressive, uncaring, or demeaning. Older adults deserve genuine care and compassion. Rude, dismissive, or aggressive

behavior from a caretaker should be a red flag for potential abuse.

- Signs of physical abuse
- Inadequately explained fractures, bruises, welts, cuts, sores, or burns. Frequent and unexplained injuries are concerning, es-

pecially if the individual under care cannot recall daily events easily.

- Unexplained sexually transmitted diseases. STDs and STIs in older adults under professional care could indicate sexual abuse and warrant an in-

vestigation to find the root cause.

Celebrate God's Good News At Quincy Point Church

Quincy Point Congregational Church, 444 Washington St., Quincy, invites the public to "Putting Faith to Work," Sunday as the church explores Romans 14: 1-12; and Matthew 20 during the 10 a.m. worship service.

The sanctuary is air-conditioned. Sanctuary. Rev. Kim will explain how, "Faithfulness is not a competition. You get/have what you need when you need it."

Following the worship service, join for Fellowship, light refreshments, and con-

versation in the downstairs Social Hall.

Sept. 24th is also "Jump In Choir" Sunday, so if you like to sing come to the Sanctuary at 9:15 a.m. to learn a simple song to sing with the Jump in Choir during worship. All ages and abilities are welcome.

Quincy Point Congregational Church wants everyone to feel welcome. The church building is fully accessible via the Abbey Road entrance. There is designated accessible parking, an elevator, and an "All Access"

rest room to accommodate everyone.

If attending the worship service in person isn't possible, tune into the live stream at 10 a.m. on Sunday

mornings. Additionally, past live streams are available on the church website (quincy-pointcongreg.org), as well as on the church's Facebook, Vimeo, and YouTube pages.

AAA: Gasoline Prices Up 3 Cents

As crude oil prices reach yearly highs, gasoline prices are climbing in Massachusetts despite a seasonal decline in demand and plentiful gas inventories here in the Northeast.

The average gas price in Massachusetts is up three cents from last week (\$3.74), averaging \$3.77 per gallon. Monday's price is the same as a month ago (\$3.77), and 8 cents higher than Sept. 18, 2022 (\$3.69). Massachusetts' average gas

price is 11 cents lower than the national average.

"The seasonal slide in gas prices we normally see this time of year hasn't materialized because crude oil prices are above \$90 a barrel and could rise further," said Mark Schieldrop, Senior Spokesperson for AAA Northeast. "Meanwhile, adding to the local price pressures are overlapping fall maintenance schedules for two refineries critical for the U.S. Northeast market."

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-54

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, October 10, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Jack P. Milgram for a Variance and Special Permit/Flood Plain to construct a single family home on the existing open lot in violation of the Quincy Zoning Ordinance, Sections 4.1.1 Table of Dimensional Requirements (Conformance), 4.1.2(5) Notes to Table (Height), 5.1.4(1) Off-Street Parking (Setbacks-Exceeds Width) and 8.1.9 Flood Plain Overlay District-Special Permit, on the premises numbered 54 SPRING STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

Martin Aikens, Chairman

9/21/23, 9/28/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-66

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, October 10, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Manuel Paiva for a Variance to demolish the existing structure and build a new two-story single family home with a two-vehicle garage, a ten foot deck and a six foot balcony in the same footprint in violation of the Quincy Zoning Ordinance, Sections 4.1 Table of Dimensional Requirements (Setbacks) and 5.1.4(1) Off-Street Parking (Setbacks-Width exceeds twenty feet) on the premises numbered 108 ALBATROSS ROAD, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

Martin Aikens, Chairman

9/21/23, 9/28/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE STR 23-7

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, October 10, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Pelin Terim for a Special Permit to operate a short-term rental business in accordance with Quincy Municipal Code 196-14 - Short-Term Residential Rentals on the premises numbered 266 GRANITE STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

Martin Aikens, Chairman

9/21/23, 9/28/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE STR 23-10

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, October 10, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Dinh Thi Vu for a Special Permit to operate a short-term rental business in accordance with Quincy Municipal Code 196-14 - Short-Term Residential Rentals on the premises numbered 383 WATER STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

Martin Aikens, Chairman

9/21/23, 9/28/23

INVITATION TO BID

INVITATION TO BID

**CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK ST., QUINCY, MA 02169**

The City of Quincy invites sealed bids/proposals for:

NEW CLUBHOUSE ELEVATOR AT FURNACE BROOK GOLF COURSE

DEPARTMENT OF NATURAL RESOURCES

OCTOBER 5, 2023 at 11:00 a.m.

The City of Quincy, acting by and through its Department of Natural Resources solicits this Invitation to Bid under Massachusetts General Law Chapter 149. The New Clubhouse at Furnace Brook Golf Course work of this contract includes construction of a new approximately 13,000 sf clubhouse facility and associated site improvements. The clubhouse program includes: elevator, kitchen, dining room, pro-shop, locker rooms, golf simulators, cart storage, associated administration and support spaces as well as an elevated deck. Bidders must be certified by the Commonwealth of Massachusetts Division of Capital Asset Management and Maintenance (DCAMM) in Elevators.

The Work shall be substantially complete by December 1, 2024 and completed and ready for final payment by January 1, 2025. Massachusetts Prevailing Wages are applicable under this contract.

Detailed specifications are available on-line at BidDocs Online website and also available at the Office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 a.m. and 4:30 p.m.

All inquiries/questions regarding this bid should be directed to Kathryn Logan, Chief Procurement Officer by email: klogan@quincyma.gov and cc: mmarini@quincyma.gov. Inquiries will be accepted until September 27, 2023 at 11:00 a.m.

Bids must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Firm bid prices will be given first consideration. Bids will be received at the office of the Purchasing Department until the time and date stated above, at which time and date they will be publicly opened and read. Late bids delivered by mail or in person will be rejected.

The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced bids may be rejected.

Thomas P. Koch, Mayor
Kathryn R. Logan, Chief Procurement Officer
David Murphy, Commissioner Department of Natural Resources

9/21/23

READERS FORUM

Help Continue Quincy's Path To Grow And Flourish For Everyone

We've all been late to work or a meeting at least once trying to get through the thick Quincy traffic that seems to be constant — especially these past few weeks with school back in session.

As frustrating as these growing pains are in the moment, it is important to look past the temporary inconveniences toward the amazing strides the city is making to grow and become an ever-better version of itself for everyone.

I moved to Quincy six

years ago because the city offers everything you could want in a community: safety, natural beauty, proximity to Boston, great restaurants and schools just to name a few. My wife and I can't imagine rooting our family anywhere else.

Take a minute to look around and notice the legacy businesses, homes and landmarks that give Quincy its classic charm balancing in harmony with all the new and exciting additions to our community. Notice

the economic diversity, ethnic diversity, and families young and old that the city continues to both attract and retain.

I have seen that under the leadership of Mayor Tom Koch and his administration Quincy has continued to thrive. These strides toward growth benefit everyone in our community in one way or another. Help keep Quincy on its current path to grow and flourish for everyone.

Jon Eng
Quincy

We Will Always Live In The Quincy That We Elect

Once upon a time Quincy had a hospital. Sadly, that came to an end in 2020 when ours closed for good and we became the largest city in Massachusetts without its own. In its place FoxRock presented their plans for an oversized residential development on the site.

In spite of very vocal neighborhood opposition the mayor, his hand-picked zoning board, and all but one of our city councillors were so happy with this turn of events that they agreed to waive away a multi-million dollar fee due to Quincy for any development on the hospital site that did not include medical use in exchange for a commitment from FoxRock to develop an alternate medical facility down the hill at the former Ross Garage location.

Fast forward to September 2023 and FoxRock has nearly completed their over building on Whitwell Street and has even found the time and resources over the past three years to also erect a pair of dense six story developments at the former Masonic Temple location and across the road at 1200

Hancock St. What of the promised medical development at the Ross location that allowed them to avoid a multi-million dollar payment to the taxpayers of Quincy? Well, that is still a dirt field.

But this flagrant failure to follow through on their commitment to bring medical services to the former Ross Garage location has not escaped the attention of our city leaders. Recent articles in the Sun have detailed how the administration would like to camouflage the lack of progress at this site by hiring someone to erect a temporary ice skating rink. And nearby the city is also taking over the structure at 119 Parkway by eminent domain. That building is best known as the IHop location, but in a cruel irony that address also houses another medical service that will be displaced in Quincy; the Health Express urgent care. In the place of this medical office the mayor would like to erect another parking garage; perhaps to compensate for the lack of sufficient parking included in the various

over-sized residential plans approved for FoxRock and other developers in the past few years.

And so it goes in our city. Unlike commitments made by the rest of us, promises by well-connected developers do not really need to be honored. FoxRock is allowed to ignore their Ross Garage site agreement while they charge head on other ventures with all of the necessary permitting and approval from City Hall. And the Quarry Hills Associates can consistently fail to meet the terms of their existing lease for the past two decades and our elected representatives will still enthusiastically endorse their ridiculous proposal for a 99 year extension. They will even allow QHA to draft the terms of the new lease to be more to their liking than the one they have not bothered to honor thus far.

So when November rolls around I would encourage you to remember that we will always live in the Quincy that we elect.

Rich McLaughlin
Quincy

Supports Perdios For School Committee

Each year our incredible Pre-K to Grade 12 public education system is called upon to provide its students and families with an ever expanding amount of learning and support. QPS provides transportation, nutrition, English as a second language, mental health support, behavior interventions, and more, all in addition to the actual teaching of 10K students with differing learning abilities and cultures.

The primary educational task to grow our students from Pre-K to successful citizen is to teach critical thinking. It is her demonstration of critical thinking

in her prior roles with QPS that ensures I will be voting Courtney Perdios for School Committee this November. To guide QPS thru the previously mentioned challenges our school committee members must honestly critique what we do well and what needs improvement.

As a former school committee member, former citywide and school PTO

president, and as a mother of three current QPS students, Courtney Perdios has a unique understanding of exactly how decisions made by school committee affect our teachers, staff, students and families. Please join me in voting Courtney Perdios for School Committee.

Respectfully,
Sarah Alessandro
Quincy

More Letters On Page 37

More Quincy news:

The Quincy Sun.com

READERS FORUM

Strongly Supports Family Welcome Center At Eastern Nazarene College

I am writing in strong support of the Family Welcome Center at Eastern Nazarene College.

As a nearby Quincy resident, I attended the community meeting on Tuesday night (Sept. 12) to learn how our neighborhood can be helpful to the newly-arrived migrant families that are receiving temporary emergency shelter at the Center. I was heartened by the stories that some residents shared about their own experiences as immigrants or refugees, and proud to live in a city where so many people showed up to offer statements of support for families that have suffered unimaginable trauma and atrocities.

At the same time, I was disgusted and, frankly, disturbed by the vile and hate-filled opposition that was voiced. While some residents asked legitimate

questions, such as how long ENC's licensing agreement with the state would last, there were several shameful and ignorant calls to reject the placement of these families in our community. I was appalled and embarrassed.

The Center is temporarily housing 58 families, all of whom have legal immigration status. They have done something most of us could never fathom: flee catastrophic turmoil in Haiti, where gang violence is rampant, many schools and hospitals have closed, and millions are suffering from starvation. These families include children and babies, and they are here for days — not months or years — to receive immediate medical assistance and basic needs before being placed in safe and stable housing.

I thank Mayor Koch for hosting the meeting, and Secretaries Ed Augustus

and Kate Walsh and the rest of the panel for their efforts to help manage the recent influx of families needing these emergency services.

If you would like to help, a representative from Bay State Community Services, which is overseeing the operations of the Center, said that there is a need for such items as diapers, wipes, and baby formula. There is also a drop-down option to donate specifically to the Center on Bay State Community Service's website.

I hope my neighbors will welcome these families. And I hope that the Quincy residents who oppose the Center look inside themselves and consider the moral obligation we have as fellow human beings to help those escaping horror and seeking something we all want — a better life.

Bob LaRocca
Wollaston

Wards 4 And 2:

Unequal And No Representation

Wards 4 and 2; Unequal and No Representation.

Unequal:

Wards 4 and 2 are the only wards in the city to have marijuana dispensaries.

If the city is going to continue to approve these "Dens of Dumbness," then they need to change their current policy of restricting them to Ward 4 and 2.

These "dispensaries" are not exactly high-end stores, rather they attract people who are bad drivers, distracted, self-absorbed, and uninvolved with society. Why does the city want to congregate this situation in

only two wards. Shouldn't the other areas of the city also have to absorb some of this?

Besides saying "No" to this new dispensary, it's time to change the city's policy on this issue.

No Representation:

Ward 4 has no representation regarding one of the most important issues in the ward.

Our new ward councillor has recused himself from voting on decisions regarding the awarding of a new 99-year lease with Quarry Hills.

Quarry Hills has almost 30 years left on their origi-

nal lease of which they reneged on their pledge to keep the hiking trails in that area intact. Why should they get a new lease when they haven't fulfilled their agreement from the original lease?

Why does Ward 4 not have representation on this issue. We just recently voted for a Councillor so we would have representation. Our councillor needs to resolve what ever issues he has that is preventing him from representing us on the Quarry Hills Lease.

Thanks.

Robert Romeri
Quincy

Adapt To Keep Our Standard Of Living

I follow the debate about the recent arrival of immigrants to Quincy and elsewhere because my parents came from Poland to this country as teenagers. No one in the Americas is a native. The Indians' ancestors migrated into North America across the Bering Strait when it was dry land during the Ice Age. Demographics

now compel immigration into the United States.

A country's prosperity depends on productivity and consumption. Increased prosperity depends on increased productivity and increased consumption. The Baby Boomer cohort is retiring and going out of productivity. They will have to be replaced by immigration.

Advanced countries are in a state of declining population. The United States is attempting to make up for it by going into debt, currently eight trillion dollars and rising. Employers are looking for employees.

We will have to adapt in order to keep our standard of living.

Peter Gleba
Quincy

Says Change Needed In Quincy

Re: Letter from Quincy Police, Fire Fighters, and Police Superior Officers:

Many residents received a letter from the above listed groups. It is the mayor's responsibility to recognize the value of these special men and women who work for the city. I believe they deserve what is their due.

But, I contend that because a mayor does his or her job, does not require us to vote for them. For these groups to say that Mayor Koch's current opponent has not supported them is certainly an injustice to other opponents of the city.

Someone once said to me, "I voted for Mayor

Koch because he goes to church." Really? His picture should not be in the Catholic Church bulletin, either. There is a law re: separation of Church and State.

But then, Mayor Koch does what He wants. We need change in Quincy.

Joan Smith
Quincy

READERS FORUM

Granite Links 99-Year Lease Proposal: What's At Stake?

Dear Editor:

Granite Links is surely a magnificent property — almost 350 acres of mostly open space upon rolling hills that overlook the Blue Hills and the Boston skyline. For perspective, 350 acres is about 7 times the size of Boston Common; and like the Common, every square inch of Granite Links is publicly-owned.

What's troubling about this property, though, is that most of our citizens do not have real access to it — access to go out and experience and explore all 350 acres of it. That's because the tenant on the property, Quarry Hills Associates (QHA), has essentially privatized these lands primarily for their own profit — which is their right — because they have a lease with the city for the property that does not expire until 2056.

Even though 33 years remain on the current lease, QHA is lobbying city officials to agree to a new lease for 99 years (expiring in 2122) — a new lease that will extend their control of this property for another 4 generations.

City officials need to think long and hard before agreeing to any new lease with QHA for another century because what's at stake is of utmost importance to our community. What's at stake is meaningful access to this vast publicly-owned open space for all citizens.

QHA will tell you that everyone is welcome up at Granite Links — that it is both a private and a public facility. In reality, it's about as public as the Ritz Carlton or the Four Seasons in downtown Boston: you're welcome there as long as you're spending money on golf or at the outdoor and indoor restaurants and bars.

Go up there some warm weekend and look around. What you'll see includes a large Member-Only parking area along with other Member-Only facilities in the clubhouse. You'll also see well-to-do golfers starting or finishing up their very expensive round of golf.

And there's nothing wrong with that — until you pause for a moment and realize that this is publicly-owned property, not a private country club — Where are our:

- a. Elderly;
- b. Families with children;
- c. People with special needs;
- d. Residents who reflect the wonderful diversity of our city; plus
- e. All the non-golfers.

Why aren't these residents out there enjoying and exploring these 350 acres?

Then, as you think about those whom you don't see, those who might feel like they're outsiders on this publicly-owned land, you might ask yourself:

Do we really need to devote all this open space to the seasonal single use of golf? Would most citizens of Quincy want to spend a weekend afternoon exploring this property in a golf cart after having to pay \$165 in greens fees? Or, would most of us prefer just to take a walk, a hike or a bike ride over its verdant hills and see all its natural beauty for free?

These questions may then lead you to consider possible changes we could make at Granite Links to allow all residents the opportunity to enjoy this land.

For starters, what if at the end of the current lease, we keep golf but reconfigure this enormous course to about 150 acres — the average size of an 18-hole golf course. That would free up about 200 acres of land — a parcel about 4 times the size of Boston Common.

Just imagine what we could do with those 200 acres of open space:

a. Instead of golf cart paths, I see hiking and biking trails from Ricciuti Drive all the way over to the Blue Hills.

b. I see walking paths meandering all over this land with plenty of benches for folks to rest while taking in the views and the fresh air.

c. In place of that large Member-Only Parking area, I see reserved parking for Quincy School Buses and vans for our elderly and disabled.

d. Instead of perfectly manicured fairways that guzzle fertilizers and precious water resources, I see meadows of native wildflowers as well as a large community garden where any resident can have a plot to grow their own vegetables and flowers.

e. I see a huge recreational area with dozens of pickleball courts, tennis courts and basketball courts.

f. I see teachers from our high schools and professors from Quincy College holding outdoor classes on horti-

culture, weather, astronomy, and climate change.

g. Instead of a single-use warm season property, I see our community enjoying these lands all year round. During the winters, I see people cross-country skiing along snow-covered trails through the hills and families ice skating at our own version of the Frog Pond.

Those are just a few ideas from an old guy. Can you imagine what ideas our community could come up with, especially our young people, our students and their teachers?

No changes, however, will occur during our lifetimes if city officials give a new 99-year lease to the privately-owned, for-profit company that currently controls this land. QHA's focus is on how to make money from this property, not increasing public access to it. They've even floated the idea of building a hotel up there. Someone needs to tell QHA that this publicly-owned land is not their Mar-A-Lago.

Frederick Law Olmstead, the great landscape architect who designed Central Park in NYC and the Emerald Necklace of parks around Boston said that parks give city-dwellers a sense of freedom and contribute to citizens' well-being. With all of Quincy's development and traffic, which will only increase going forward, Olmstead's insight rings especially true for our residents.

I urge our elected city officials to have the courage to say no to the real estate developers who own Quarry Hills Associates. Instead of giving them a new 99-year lease for this magnificent property, just let the current lease expire.

We have a generational opportunity to transform this property into a vibrant park and recreational area where our community will thrive and come together. Let's not keep it as it is now with its nearly 350-acre golf course that separates us from one another and is reserved for a privileged few.

Over the coming years, let's reimagine, repurpose, and reclaim this property for the true benefit and enjoyment of its rightful owners: us.

Tom Montminy
Quincy

Plans For West Quincy Intersection

Thank you to *The Quincy Sun* for coverage and thank you to the representatives and residents of Quincy for being among the 57 participants on the Aug. 29th remote meeting of the concept design of the Ricciuti Drive-Willard St. intersection. The session was quite informative outlining the proposed improvements and I'm grateful to the spokespeople from MASS DOT and the City of Quincy.

Many participants expressed the need for an in-person follow-up session with improved notification to abutters, residents of Ward 4, and the entire Quincy community since this project affects anyone trying to gain safe access to this area for recreation, business, or attendance at the Granite Links facility.

Project Manager Skelly

reported crash statistics that are alarming at the intersection. No one going to or transporting children to a game, which are typically at high volume commuting times, should be subjected to such dangerous conditions.

The addition of a traffic signal at the intersection is a positive first step, but I continue to question the joint jurisdiction of the roadway with regards to enforcement. One can only imagine with the addition of a traffic signal, the potential road rage of commuters coming off the off-ramp and vehicles trying to access Ricciuti Drive in a timely manner since there is already a substantial delay coming from all directions and the UPS parking lot during peak hours. Which agency will be responsible to ensure the

safety of pedestrians, cyclists, and vehicles entering the intersection? A collaborative effort between State Police and Quincy police would be optimum. At the meeting, it was said that jurisdiction on the off-ramp was the state's responsibility and that Quincy was responsible for the new traffic signal, Willard Street and Ricciuti Drive. If the accident rate is already excessively high now, what is the plan for immediate enforcement?

Further, with the anticipated development at Quarry Hills such as a proposed hotel and more housing units, the ongoing concern of safety should be prioritized before any building permits and leases are approved, not after an unfortunate tragedy occurs.

Mary Cotter Kelly
Quincy

All People Deserve To Be Treated With Respect

It is unfortunate and disappointing that Eastern Nazarene College did not make the City of Quincy aware of their immigration arrangement. It caused an eruption of mixed emotions which is now falling on Mayor Koch to resolve. This could have been managed in a more congenial manner.

Now it is necessary for Quincy to provide security at a major cost. It will be resolved as our mayor has always been able to manage and resolve troubling situations. He has the incredible support of the excellent Police, Fire, School, and Public Service Departments.

All people deserve to

be treated with respect and resolution and that is exactly what Mayor Koch will do. Let us give him our support and keep him managing our great city which he has dedicated his life to. Also he should have the support of Eastern Nazarene College.

David J. Hennessy
Quincy

Supports Mahoney For Mayor

To the Editor:

The last edition of the Quincy Sun had a full page ad at the back extolling the achievements of Mayor Tom Koch; however, I would like to add a letter to the number of letters which have pointed out major deficiencies that put into question this self evaluation.

As a long time resident (36 years) with experience of bringing up a family in Quincy (including 3 children in the QPS) I find there are many changes during Koch's tenure that have undermined the quality of life that drew me and my wife to be here. Foremost is the lack of a hospital and even reliable local emergency care service in one of the state's largest cities. I remember with gratefulness, the month long care of our premature children and the subsequent care of the inevitable childhood emergencies that were vital to our family's health. That is no longer possible, and Koch does not appear to see this as an issue. It is in keeping with the priorities of Koch that the city's hospital space is to be developed as yet another condo building. I note that I have been fortunate that when I needed emergency care, it did not happen during rush hour which would have had

dire consequences for me.

Regarding the ubiquitous new condo construction, it has unquestionably changed much of the character of Quincy with inevitable problems of parking and traffic congestion. These developments are routinely supported and approved of by Koch with statements that they would bring no problems and would add to the city's tax base. I daily experience the problem of congestion; moreover, the tax base due to the developments has not been such to keep my property taxes from yearly significant increases. This suggests that the burden of the developments creates more cost than benefit.

Regarding development, The Hancock-Adams Common is indeed nice, but the commercial areas of the city remain mostly undeveloped other than if you seek to eat out. Hancock below City Hall is a desert as is the local Wollaston shopping area. My own pet project would have had the city take over the wonderful old Wollaston Theater which in the context of approved elective spending would not have been great and could have been developed as a community cultural center. The hole in the Wollaston shop-

ping district remains, along with many empty stores.

In contrast, Koch would like to spend money to support Quincy College as a uniquely unnecessary municipal education unit in a state with one of the nation's great state university and college systems. This kind of judgment and lack of transparency is in keeping with his support for removal of the Ruth Gordon Amphitheater, a 99-year sweet heart deal for the Quarry Hills Golf Course, and for taking as a municipal burden the maintenance of Wollaston Beach at the City's expense and without the state's expertise.

As a final question of Koch's judgement, I note that his selection for School Superintendent of a man without proper credentials compared to a highly qualified candidate was an outrage and is characteristic of his lack of concern for diversity and its importance in Quincy. No, I am not voting for Koch. Anne Mahoney in her demonstrated dedication to transparency, fiscal responsibility, communication with constituents, and integrity has the character and experience needed to be the Mayor of Quincy.

Robert Bill
North Quincy

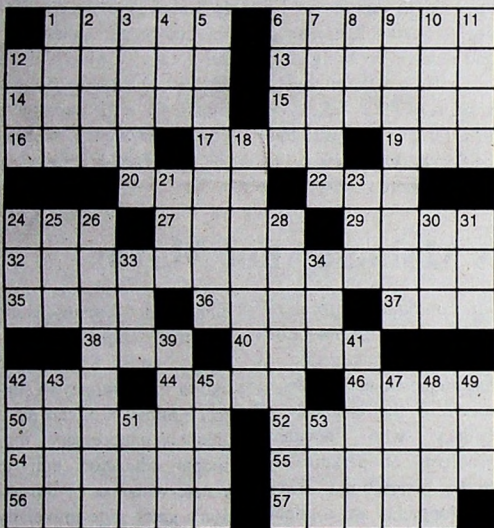
More Quincy news:

The Quincy Sun.com

SUN FUN PAGES

King Crossword

- ACROSS**
- Swamp
 - Foliage
 - Alaskan peak
 - Current measure
 - Kidnapper's demand
 - European peninsula
 - Venetian blind part
 - Suffix for million
 - Busy insect
 - Penne — Vodka
 - Press for payment
 - Alamos
 - Mexican snack
 - Aussie greeting
 - Chekhov play, with "The"
 - Nickelodeon's Explorer
 - Outlet letters
 - Venus, to Serena
 - CBS logo
- DOWN**
- Repast
 - Visitor to Siam
 - Bob Marley fan, often
 - -mo
 - Nepal's — Mountains
 - Hideaway
 - Plant firmly
 - Gorilla
 - Porches
 - Ireland
 - Plane reservation
 - ER workers
 - Former
 - Abel's brother
 - Campaigned
 - Bangkok cuisine
 - Elevator name
 - Biblical prophet
 - Outer-space cloud
 - Honor
 - With uniformity
 - Vestibules
 - Valleys
 - Chrysler CEO Lee
 - USPS delivery
 - "Yecch!"
 - PC screen type
 - Discoverer's call
 - Peace
 - Admitted to the clergy
 - "Entourage" role
 - QB's gains
 - Shaft of light
 - 201, in old Rome
 - Bygone anesthetic
 - Prestigious prize
 - Coral formation
 - To boot
 - Easter entrees
 - Melody
 - Misfortunes
 - Utter
 - Observe
 - Actress Longoria



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MAGIC MAZE • MUSIC GENRES

ODPAXVSQNKIFDAX
VOTOQOMJHFFCAYW
URGPHCNLJLCEEHF
DBZNXPAACVALAVTR
QODMAKIJIMAGAHF
DBOZYTWHEUSGWVZ
TROQSEULBNSSEWOZ
NLWUKIANACIREMA
HPOPYRTNUOCFNDJ
CCPLATEMYVAEHAZ
AXWVURSEIDLLOS RQ

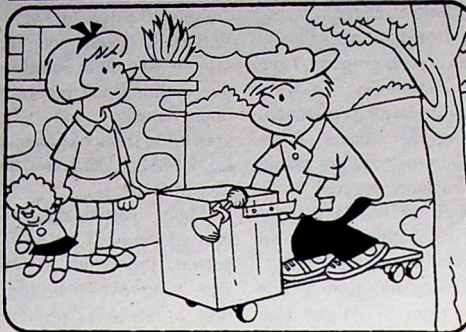
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: RHYTHM AND —

Acoustic	Country pop	Hip-hop	Rap
Americana	Doo-wop	Jazz	Reggae
Cajun	Flamenco	New wave	Tango
Classical	Heavy metal	Oldies	

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Plant is missing. 2. Doll's hair is shorter. 3. Socks are shorter. 4. Horn is missing. 5. Shirttail is different. 6. Whisker is missing.

Trivia test

by Fifi Rodriguez

- GEOGRAPHY:** Which European city has almost 2,500 bridges?
- MOVIES:** How many infinity stones exist in "Avengers: End Game"?
- ANIMAL KINGDOM:** How many digits do pandas have on each hand?
- AD SLOGANS:** Which car manufacturer used the ad slogan, "Life is a journey. Enjoy the ride"?
- LITERATURE:** What is Hogwarts' motto in the "Harry Potter" book series?
- TELEVISION:** Which show spawned the spinoff TV comedy "Laverne & Shirley"?
- SCIENCE:** How long is an

eon?

8. MUSIC: What is the name of the band that John Lennon, George Harrison and Paul McCartney were in before The Beatles formed?

9. GENERAL KNOWLEDGE: What does the Apgar score measure?

10. U.S. STATES: Which state has an active volcano named Mount St. Helens?

Answers

- Hamburg, Germany.
- Six.
- Six — five fingers and an opposable pseudo thumb.
- Nissan.
- "Never Tickle a Sleeping Dragon."
- "Happy Days."
- 1 billion years.
- The Quarrymen.
- The health of newborns.
- Washington.

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Wishing Well®

8	7	8	6	4	3	4	2	6	5	3	2	5
A	Y	C	L	L	R	I	J	O	B	O	O	E
4	8	3	8	5	2	3	7	3	6	3	8	4
F	T	U	U	A	Y	T	O	I	V	N	P	E
2	3	5	8	7	8	3	7	6	5	2	5	6
F	E	U	O	U	N	I	A	E	T	R	Y	O
3	5	4	7	5	3	2	8	3	2	5	7	3
S	E	C	T	N	C	O	I	H	M	D	T	A
4	3	2	3	5	8	2	5	8	7	6	5	4
H	N	H	G	U	L	U	R	L	A	F	E	A
2	3	7	2	6	3	6	2	5	8	7	4	7
M	E	I	O	H	D	O	R	S	U	N	N	G
6	8	7	6	4	7	8	4	7	8	4	8	7
M	S	O	E	G	A	I	E	L	O	S	N	S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) After much traveling this year, you're due for some settled time with family and friends. Use this period to check out situations that will soon require a lot of serious decision-making.

TAURUS (April 20 to May 20) Keep that keen Bovine mind focused on your financial situation as it begins to undergo some changes. Consider your money moves carefully. Avoid impulsive investments.

GEMINI (May 21 to June 20) You'll need to adjust some of your financial plans now that things are changing more quickly than you expected. All the facts you need haven't yet emerged, so move cautiously.

CANCER (June 21 to July 22) Personal and professional relationships dominate this period. Try to keep things uncomplicated to avoid misunderstandings that can cause problems down the line.

LEO (July 23 to August 22) That elusive goal you'd been hoping to claim is still out of reach. But something else has come along that could prove to be just as desirable, if only you would take the time to check it out.

VIRGO (August 23 to September 22) This is a good time to get away for some much needed rest and relaxation. You'll return refreshed and ready to take on the workplace challenge that awaits you.

LIBRA (September 23 to October 22) Confidence

grows as you work your way through some knotty situations. Watch out for distractions from well-meaning supporters who could slow things down.

SCORPIO (October 23 to November 21) Consider spending more time contemplating the possibilities of an offer before opting to accept or reject it. But once you make a decision, act on it.

SAGITTARIUS (November 22 to December 21) You're in a very strong position this week to tie up loose ends in as many areas as possible. Someone close to you has advice you might want to heed.

CAPRICORN (December 22 to January 19) Congratulations! This is the week you've been waiting for. After a period of sudden stops and fitful starts, your plans can now move ahead with no significant disruptions.

AQUARIUS (January 20 to February 18) You're in an exceptionally strong position this week to make decisions on many unresolved matters, especially those involving close personal relationships.

PISCES (February 19 to March 20) This week starts off with some positive movement in several areas. A special person becomes a partner in at least one of the major plans you'll be working on.

BORN THIS WEEK: You work hard and get things done. You also inspire others to do their best. You would do well heading up a major corporation.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

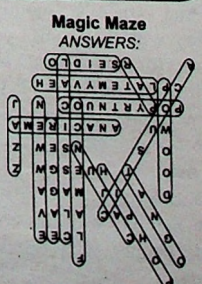
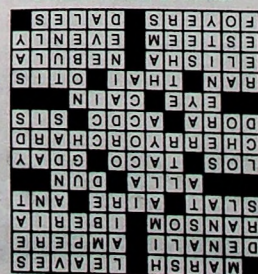
Clue: M equals T

MQYM EKGTYRJ AHVV BSVHXS
AKKB KL DMKRS OLYNGSRMD
XSLJ OYDM. MQSJ SXSR BK
KXSLRHNM EQHTTHRN.

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King Crossword — Answers

Solution time: 21 mins.



CryptoQuip answer
overnight chipping.
very fast. They even do
wood or stone fragments
That company will deliver

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — Oscar winner Jamie Foxx (55) was on a fast-moving career train starring in four films this year when his train disappeared from the tracks. The speculation is that Foxx disappeared, too? Rumors floated that he was in a hospital, but no one was talking. Finally, sources claimed he'd suffered a stroke. Then reports surfaced from Foxx himself saying he was on the mend, but he never actually revealed what he was at the hospital for. Foxx had already completed "The Burial" for Amazon Prime Video, co-starring Tommy Lee Jones (release date was Sept. 11), and "Tin Soldier," co-starring Robert De Niro and Scott Eastwood (no release date yet). And, recently, news came that he'll play God (did his near-death hospital experience connect him to God?) alongside Mickey Rourke's Devil in the comedy "Not Another Church Movie," with Vivica A. Fox, Tisha Campbell and Jasmine Guy.

The big question around Hollywood today is, how will CBS, NBC and ABC have their normal September premiere season with the actors' and writers' strikes still unresolved and the fact that they haven't even had meetings to resolve the issues? CBS will kick off this strike-impacted season with the premiere of "Yellowstone," starring Kevin Costner, Kelly Reilly and Cole Hauser. "Yellowstone" has already had a five-year run on their parent company, Paramount+. Also hailing from the streaming service is "Star Trek: Picard," "Star Trek: Short Treks," "Star Trek: Strange

New Worlds," the reboot of "Twilight Zone," "Mayor of Kingstown," "1883" starring Isabel May, Tim McGraw and Sam Elliott; "1923" starring Helen Mirren and Harrison Ford; and Joshua Jackson's series "Fatal Attraction." ABC's parent company is Disney, with Disney+ to give us all things "Star Wars," such as "The Mandalorian," "The Book of Boba Fett," "Obi-Wan Kenobi" — plus shows like "Willow," "The Right Stuff," "Hawkeye" and "The Mysterious Benedict Society." NBC has Peacock, so expect series like "Brave New World," "Dr. Death," "Days of Our Lives: Beyond Salem," "The Lost Symbol," "One of Us Is Lying," "The Girl in the Woods," "Bel-Air," "Queer as Folk," "Vampire Academy," "The Calling" and "Irreverent." If you resisted paying for streaming services, you'll have a lot to watch.

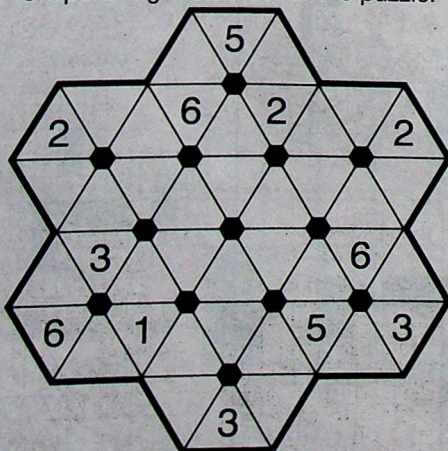
If you're an old-movie fan, the best cruise ever was announced by Turner Classic Movies. It sails from San Diego on Nov. 6, stops in Cabo San Lucas, Mexico, on Nov. 8 and then stops in Ensenada, Mexico, on Nov. 10 before heading back to San Diego on Nov. 11. So far, the stars promised aboard are Kim Novak; Elliott Gould; Oscar winner George Chakiris; Judy Garland's daughter, Lorna Luft; and more. Cabin prices started from \$3,600 per person for a single guest to \$1,900 per person for two guests, \$1,300 for three, and \$1,000 for four. Although it's sold out, there is a waiting list, and cancellations may become available...which only proves nostalgia ain't cheap!

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	x		-		27
-		+		x	
	x		+		27
x		x		+	
	-		x		25
32		30		14	

1 3 3 4 5 6 7 8 9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Game Boards — On top of the world! In September 1909, The New York Times published Robert Peary's claims of reaching the North Pole in April of that year, crediting him with the pole's discovery. However, just a week earlier, another newspaper claimed that Frederick Cook had reached the pole the year before. Both claims have been disputed since then, but they were sensations at the time.

The journey to the North Pole inspired commemorative figurines, souvenirs and games. This North Pole game has a patent date of 1910. It is a game of skill in which the player rolls one of the included metal balls along the winding track, earning points for each hole the ball passes without falling in. The rules are printed on the back of the board, along with a scene of two explorers approaching the pole.

This game sold for \$480 at Morphy Auctions. The lot included the colorfully lithographed tin game board, two metal balls, the instructions sheet and the box with a color picture of a family in early 1900s dress playing the game. Commercial game boards sell for higher prices when they come with the original box and pieces.

Q: How can I safely clean old coins?

A: Coins should not be cleaned. Collectors want coins with the patina unchanged. If your coins are collectible, they should be protected from fingerprints

and stored properly. Don't touch the coins to examine them unless you are wearing white gloves. The oil from your skin will damage the coin. If you must touch a coin, hold it by the edge. Coins should not be stored loose in a box or envelope. They may be scratched. Paper, cardboard, plastic and wood give off chemical vapors that speed corrosion. You can buy archival coin holders online or at a coin shop. Coins should be kept in a cool, dry location. You can find more information on properly storing coins on the American Numismatic Association website, money.org.

TIP: Clean cast iron with coarse salt and a soft sponge. The salt is abrasive enough to remove bits of food and absorb oil without harming the pan's seasoning. Rinse and wipe dry.

CURRENT PRICES

• Toy, car, racing, Shark, brown, Fox Eagle 60 engine, pusher, Remco, 1961, 20 inches, \$250.

• Lamp, Orbiter series, globe shade, chrome, adjustable swing arm, black enamel handle and base, Robert Sonneman, 53 x 22 x 10 inches, \$270.

• Picture, applied, bird on branch, leaves, fruit, multi-color, fabric, frame, Victorian, 24 x 20 3/4 inches, \$640.

For more collecting news, tips and resources, visit www.Kovels.com

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STICKELERS

by Terry Stickels

Match the words on the left with their meanings on the right.

- | | |
|-----------------|--------------|
| 1. coruscate | a. obstinate |
| 2. redolence | b. wild |
| 3. pertinacious | c. suffering |
| 4. dolor | d. sparkle |
| 5. farouche | e. fragrant |

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Strange BUT TRUE

• More people from nudist colonies play volleyball than any other sport.

• New York's Girl Scout Troop 6000, whose entire membership is homeless or living in shelters, has sold more than \$1.6 million worth of Girl Scout cookies since 2017, earning not just national recognition, but money to benefit about 2,500 women and girls in more than 20 shelters throughout the greater New York area.

• Competitive trash collecting is a sport in Japan.

• Just in time for global warming, scientists have developed a paint that reflects the sun's rays, potentially reducing the need for air conditioning by up to 40%.

• The oldest known photograph, taken by French photographer Nicéphore Niepce in 1826, took eight hours to expose.

• In 5th-century Greece, handshakes were done to make sure that the other

person wasn't carrying a hidden weapon. The hand clasp proved that your hand was empty, and shaking it was meant to "shake out" any weapons hiding in the sleeve.

• Farm-raised salmon are fed carotenoids to give their flesh its trademark pink color.

• If a woodpecker goes too long without food, it will pin down other birds and peck at their heads until it can eat their brains.

• Holy flipping flapjacks! In 2012, Brad Jolly of Australia set the Guinness World Record for the most tosses of a pancake, with an astonishing 140 flips a minute.

Thought for the Day:

"Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come." — Henri Nouwen

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Now here's a tip!

by Jo Ann Derson

• You can plant deciduous trees (trees that lose their leaves in the fall) strategically in order to reduce your heating and cooling costs. Their leaves grow in the spring, blocking summer's heating rays, but when winter comes, they fall off to let the sun in, warming things up a bit.

• Keep nail-polish bottles easy to open by rubbing a little bit of petroleum jelly inside the cap of the bottle.

• M.C. in Arizona would like to know some alternative uses for hair conditioner. Here goes: use as a shaving lotion for legs or face; a makeup remover; ouch-free bandage removal; soften makeup brushes or paintbrushes before storage; get knots out of doll hair or costume wigs; wash delicates (think silks and pantyhose); rub on a shower rod to help curtain glide effortlessly; and lastly, soak a shrunken sweater in a

conditioner/water solution to soften the fibers, then gently try stretching the sweater back to size.

• "Clean an egg carton very well. Flip it over and make slits in each egg cup. This works wonders as a child's card holder for card games." — L.P. in Maryland

• Use an empty paper towel roll to store plastic grocery bags. Just stuff to capacity. These "bag sticks" are easy to store in a drawer or even mounted on the side of a trash can with double-stick tape.

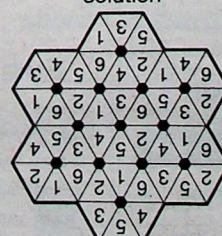
• When cleaning glass tabletops or chrome fixtures, try using newspaper instead of paper towels or rags. There is no lint left behind, and newspaper gives a better shine.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

solution



Go Figure!

answers

	14	30	32
25	5	x	3
	+		x
27	9	+	6
	x		+
27	1	-	4
		x	7

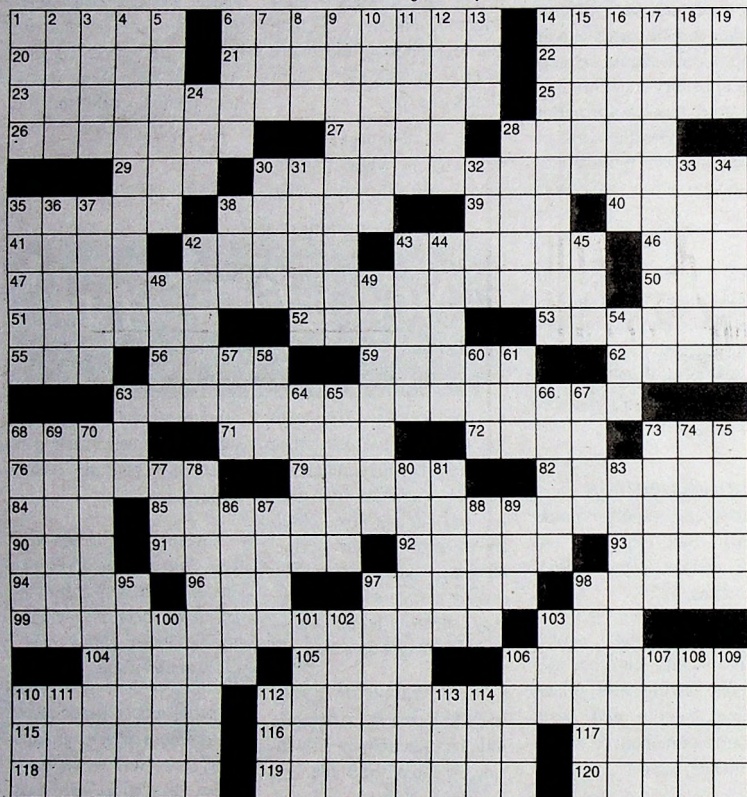
Stickelers Answer

1-d, 2-e, 3-a, 4-c, 5-b

Super Crossword

SCARE TACTICS

- ACROSS**
- Mess up on
 - Dismiss, as an ill student
 - Pause-causing marks
 - Skunks' defenses
 - Quick size-up
 - 1998 Masters winner Mark
 - Giving an officer a leg up?
 - Defaced
 - Neighbors of Czechs
 - Composes
 - "LIT" fellow
 - Previous to
 - Food favored by logicians?
 - Belgrade citizens
 - Impish kids
 - Extra NFL periods
 - Spill a secret
 - Lake fed by the Huron
 - 2017-19 labor secretary Alexander
 - Poor grade
 - Monkey setting off big experimental blasts?
- DOWN**
- 'n' cheese
 - Airing of ads on the tube
 - Eyeliner flaw
 - Least plentiful
 - Archaic verb suffix
 - Warty hopper
 - Son of Cain
 - Busy insects
 - Two things a baby might be wearing in cold weather?
 - Cola
 - St. Teresa's birthplace
 - Neighbor of Wash.
 - Leaves weaponless
 - Finger or toe
 - MRI
 - Winnipeg's province: Abbr.
 - "I pray our reservation doesn't get canceled!"
 - News agcy. founded in 1958
 - Fastener for paper sheets
 - Totally fills
 - Fabled snow humanoid
 - Turner
 - Mined stuff
 - Female hip-hopper
 - Self-indulgent outing
 - Comment upon finally getting a chance to sit down?
 - "The Raven" writer
 - Typical
 - In perfect condition
 - Not mixing well with others
 - Thirty tripled
 - Ruling house enjoying great prosperity?
 - Comparable with
 - Get robots to do
 - Kate's mate on 1980s TV
 - Part of BBB
 - Rubs the wrong way
 - Bed boards
 - Janitorial tools
 - Reversed sort
 - Unassisted
 - Torque transmitter in a motor
 - "Star Wars" won seven of them
 - Weeps noisily
 - Musical Brian
 - S.Sgt. or M.Sgt.
 - Tyranny
 - Pay-to-stay places
 - Sheep-related
 - High-IQ club
 - Minuscule bit of work
 - Jet engine part that includes the igniter
 - Muscat-er?
 - Most trifling
 - Guys wearing wedding rings
 - "My lips — sealed"
 - In a blue state
 - Barely get, with "out"
 - "Don't — surprised!"
 - Londoner, e.g.
 - Author Joyce Carol —
 - Unskilled PC gamer, say
 - Marlins' and Mets' div.
 - Decides (to)
 - Pick up on
 - Blow up
 - Big name in photocopyers
 - Happy hour locale
 - Great devastation
 - "— of angels coming after me" ("Swing Low, Sweet Chariot" line)
 - Chocolate substitute
 - Santa —, California
 - Comics' Kett
 - Like mutant
 - Ninja Turtles
 - Actress Issa
 - Alias letters
 - Actor Patel
 - Corn holder
 - Garden tool
 - Jelly holder
 - Like some waves
 - Full of energy
 - Tijuana treats
 - Wild about
 - Fluffy clouds
 - Comparable (with)
 - Team of dogs on the force
 - Less genial rapper
 - "Inferno" poet
 - Dickinson of "Rio Bravo"
 - Sporty English autos
 - Supreme Court's Sonia
 - "Let's move!"
 - Natives of Bangkok
 - Many a video chat
 - Hannah of "Roxanne"
 - Design detail
 - Raison d'—
 - Paese (cheese type)
 - Thumbs-up
 - Witticism
 - Part of ASAP
 - Mozart's "Così fan —"
 - Love, to Gigi
 - Regional flora and fauna
 - Ops (CIA tactics)
 - Yemeni city
 - Dot in the sea, to Juanita
 - Toiling away
 - Strong alkalis
 - Collar
 - Singer Turner
 - Grocery holder
 - "Ilmatic"
 - '60s Pontiac



celebrity extra

by Dana Jackson

Q: I just saw that "Captain America" star Chris Evans got married. Is his wife an actress? The last serious relationship I remember him having was with Jenny Slate. I was hoping that would work out. (I loved her in "Parks and Recreation.") —K.K.

A: The last of the Hollywood Chrises has joined the other two (Chris Hemsworth and Chris Pratt) in wedded bliss by marrying his girlfriend, Alba Baptista, of almost two years during a ceremony in Cape Cod, Massachusetts. Baptista is a Portuguese actress whose most recent English-language films are the charming film "Mrs. Harris Goes to Paris" and the Netflix action series "Warrior Nun."

As for Evans and Jenny Slate, their relationship has been over since early 2018. They first started dating in 2016 after filming the movie "Gifted." He raved about her in interviews, saying "Sometimes you just meet the same animal, and that's just [what it's like] with Jenny."

Slate, who has been married before, found love again with writer and art curator Ben Shattuck. The couple wed last year and also have a little girl named Ida. While Evans and

Slate made a cute couple, it appears they ultimately found happiness with others the way it was meant to be.

Q: When is the "Frasier" reboot debuting? Also, I've heard conflicting information about where it will air. Will it be on Peacock or Paramount? —E.J.

A: Kelsey Grammer returns to television as his iconic character Frasier Crane this fall on Paramount+. We first met the hilariously uptight psychiatrist on "Cheers." He was then given his own equally successful spin-off in the former show of "Frasier," a sitcom that won 37 Primetime Emmy Awards and continues to run in syndication and streaming to this day. Now Frasier returns to his roots in Boston for a new sitcom filmed before a live studio audience. Alas, the late John Mahoney is gone as Frasier's cranky father, Martin, and David Hyde Pierce is reportedly not returning as Frasier's brother, Niles.

A two-episode premiere of the new "Frasier" will debut on Paramount+ on Oct. 12 with weekly episodes to follow. It's reported that the same episodes will also air on CBS on Oct. 17 as a special event, but viewers will have to subscribe to Paramount+ to watch the rest of the season.

Q: What was the name of the funny show Ted Knight did where he had two beautiful daughters? There was also a hilarious guy who lived in the home, too, or at least



Alba Baptista in "Warrior Nun"

Photo Credit: Courtesy of Netflix

nearby. —L.D.

A: You're thinking of "Too Close for Comfort," which starred Knight as a cartoonist who worked out of his home in San Francisco. Nancy Dussault played his wife, and Lydia Cornell and Deborah Van Valkenburgh played his two grown daughters who rented the apartment below. Jim J. Bullock was a hoot as Monroe. The show changed its name and concept to "The Ted Knight Show" during its final season. Sadly, the sitcom ended in 1987 after Knight lost his battle with cancer at the age of 62.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

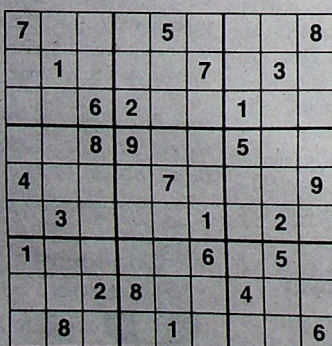
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-------------------------|-------------|---------------------|-------------|
| 1. Starr of The Beatles | R _ _ _ _ _ | Game of chance | B _ _ _ _ _ |
| 2. Oven-bake | _ _ _ A _ _ | Perch | _ _ _ O _ _ |
| 3. Comfort | _ _ _ _ _ R | Shoulder the burden | _ _ _ _ _ M |
| 4. Wee one | _ _ _ _ _ D | Santiago's locale | _ _ _ _ _ E |
| 5. Late for class | _ _ _ _ _ D | Linger | _ _ _ _ _ R |
| 6. Physical well-being | H _ _ _ _ _ | Riches | W _ _ _ _ _ |
| 7. Shiver | _ H _ _ _ _ | Wager | _ T _ _ _ _ |
| 8. Tub man | _ A _ _ _ _ | Perturb | _ O _ _ _ _ |
| 9. Schubert's genre | _ _ _ _ _ Z | Whitman and Disney | _ _ _ _ _ S |
| 10. Small river | _ T _ _ _ _ | Shriek | _ C _ _ _ _ |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

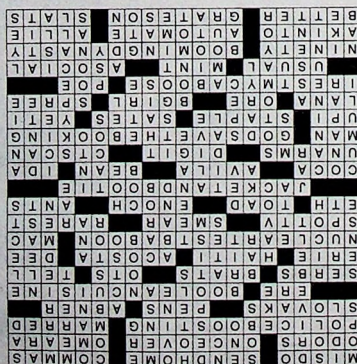
DIFFICULTY THIS WEEK: ♦♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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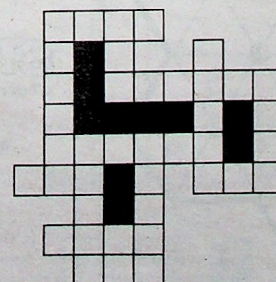
Super Crossword

Answers



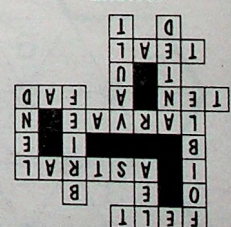
Even Exchange answers

- Ringo, Bingo
- Roast, Roost
- Shake, Stake
- Bather, Boater
- Waitz, Waits
- Stream, Scream
- Tardy, Tarry
- Child, Chile
- Assure, Assume
- AFD
- FEBILO
- LATVU
- TFLE
- SLARTA
- TNE
- EDNL
- ETDAN
- EAL
- AREVAL
- ERFBI
- ELTA



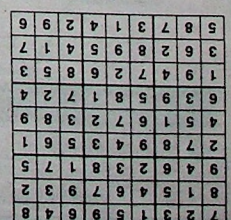
Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

FEAR KNIGHT answer



Weekly SUDOKU

Answer



Amber Waves

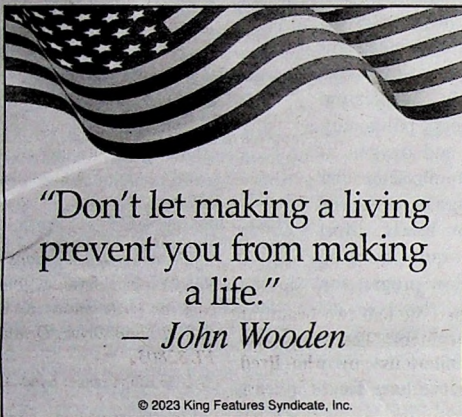


Out on a Limb



by Gary Kopervas

Americanisms



— John Wooden

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Just Like Cats & Dogs

by Dave T. Phipps



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Can This Dog be Trained?

DEAR PAW'S CORNER:

Recently, a new member joined our family: a toy poodle mix named Petey who was rehomed by an acquaintance who said they just couldn't handle him and that he was untrainable. Petey is 4 years old, bounces everywhere, and loves to play soccer by catching a ball and then bouncing it off of his front paws back toward me. He's incredibly smart, but training him has indeed been a challenge. I know the previous owners never made an effort to train him in basic obedience, and they left him alone for days at a time. His house-training is spotty. How can I make the training process faster and easier for both of us? — Doug L., Burlington, Vermont

DEAR DOUG: You've taken on a real challenge: a smart,

independent and energetic dog. Petey sounds like a wonderful little guy, though, and I'm so glad you've added him to your family and committed to his well-being.

Building trust with Petey is important so that he knows what to expect from you and the rest of the family. Do that by adhering to a schedule: walks, feeding and training at the same time each day, with as little deviation as possible. Obedience-training a smart and independent dog requires you to be smart about training, too. Petey needs to know the house rules, and he must want to do the things you're asking him to do (or not do). Look into positive reinforcement methods like clicker training (<https://www.akc.org/expert-advice/training/clicker-training-your-dog-mark-and-reward/>). Commit to a consistent training regimen so that desirable behaviors are reinforced and negative ones are discouraged. Work with a trainer if you are still struggling with Petey after a few weeks.

Send your tips, comments or questions to ask@pawscorner.com.

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WORD LADDERS

Can you go from LARGE to BILGE in 6 words? Change one letter for each rung in the ladder.

LARGE

BILGE

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by Ryan A. Berenz

1. What was the name of the WNBA team that was based in Salt Lake City from 1997-2002?

2. Mexico's Daniel Bautista won a gold medal at the 1976 Montreal Summer Olympics competing in what track and field event?

3. Name the U.S. women's figure skater who won four straight U.S. championships (1977-80), two world championships (1977, '79) and a silver medal at the 1980 Lake Placid Winter Olympics.

4. What facility did the NBA's Memphis Grizzlies play their

home games in from 2001-04?

5. In the 1988 comedy film "The Naked Gun: From the Files of Police Squad!," what California Angels outfielder is hypnotized in a plot to assassinate Queen Elizabeth II?

6. What team selected 7-foot 3-inch Latvian player Kristaps Porzingis in the first round of the 2015 NBA Draft?

7. Burgess Owens, a member of the Super Bowl XV champion Oakland Raiders, was elected to the U.S. House of Representatives in what state?

Answers

1. The Utah Starzz.
2. Race walking.
3. Linda Fratianne.
4. The Pyramid Arena.
5. Reggie Jackson.
6. The New York Knicks.
7. Utah.

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WORD LADDER

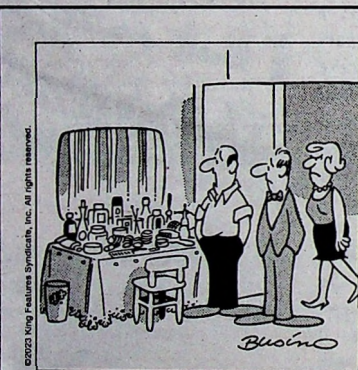
Answer

BUDGE, BULGE, BILGE
LARGE, BARGE, BADGE

SCRAMBLERS

solution

MAKE-UP
Today's Word
3. Sake; 4. Argue
1. Aspire 2. Amuse;



"I used to laugh at all that until the first time I saw her without it."

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Aim

PRAISE

Cheer

ASUME

Quench

LEAKS

Dispute

AUGER

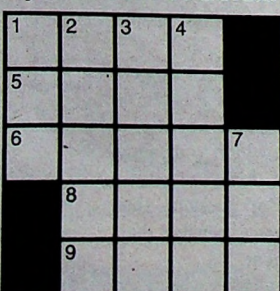
TODAY'S WORD

Micro Crossword

By Elizabeth C. Gorski

Across

- 1 Aspirin's target
- 5 Beige-like hue
- 6 "I'm Every Woman" singer Khan
- 8 From scratch
- 9 Motion of the ocean



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Down

- 1 Chest muscle
- 2 "Let's have ____" ("We need to talk")

- 3 Esfahan resident
- 4 Microwaved
- 7 State of wonder



Here's what to watch and where to watch it for the week of September 25, 2023

ON NOW: "The Machine" (R) — Netflix

ON NOW: "Still Up" (Season 1) — AppleTV+

26-Sept: "The Fake Sheikh" (Docuseries) — Amazon Prime Video

27-Sept: "Love in Fairhope" (Season 1) — Hulu

27-Sept: "Encounters" (Docuseries) — Netflix

27-Sept: "The Wonderful Story of Henry Sugar" (PG) — Netflix

28-Sept: "The Kardashians" (Season 4) — Hulu

28-Sept: "Starstruck" (Season 3) — Max

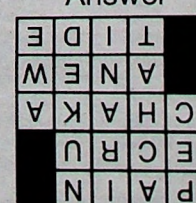
29-Sept: "Sweetwater" (PG-13) — Hulu

29-Sept: "Gen V" (Season 1) — Amazon Prime Video

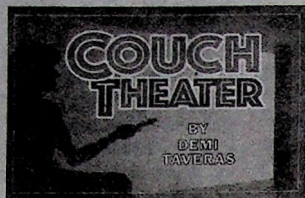
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Micro Crossword

Answer



MORE SUN FUN



"Spy Kids: Armageddon" (PG) — The original "Spy Kids" film starring Alexa Pena Vega and Daryl Sabara as Carmen and Juni Cortez was released over 22 years ago, and it became a franchise that Millennials and Generation Z grew up loving. Now creator Robert Rodriguez is rebooting the franchise for the next generation. The Tango-Torrezes, Nora (Gina Rodriguez) and Terrence (Zachary Levi), are the world's greatest secret agents. Their young kids, Patty and Tony, unknowingly release a virus from an evil game developer through a glitch in the game, which gives the developer control over all the world's technology. With their parents now held hostage, Patty and Tony must jump into their own spy suits to help save Nora and Terrence ... oh, and just the fate of the entire world. Premieres Sept. 22. (Netflix)

"A Thousand and One" (R) — This emotional drama set in the concrete jungle of New York during the '90s and early 2000s follows hairdresser Inez de la Paz. After getting convicted of stealing and passing time in Rikers Island, Inez returns to Harlem to find her son, Terry, in a foster home. Terry attempts to escape from the foster home only to be hospitalized, which prompts Inez to take him from the hospital and raise him on her own. With Inez, Terry finds the foundation he needs amid plenty of chaos and struggles. Teyana Taylor ("White Men Can't Jump," "Coming 2 America") is an incredible standout in the leading role of Inez. Premieres Sept. 19. (Amazon Prime Video)

"Robots" (R) — In this sci-fi rom-com that jumps to the year 2032, robot versions of humans are now

being used for all those mundane tasks, like shaving your legs or taking out the garbage or going out on that date you've been dreading. New couple Elaine and Charles know about that last one better than anyone; they send in their androids — E2 and C2 — whenever they can't be bothered to spend time with each other. But when E2 and C2 suddenly catch feelings for each other, they decide to steal their owners' identities and run away together. Elaine and Charles are forced to team up to stop the robots and get their lives back. Shailene Woodley and Jack Whitehall lead "Robots," out now. (Hulu)



Courtesy of Netflix
From left, Gina Rodriguez, Everly Carganilla, Connor Esterson and Zachary Levi star in "Spy Kids: Armageddon."

"Cocaine Bear" (R) — For her fourth directorial feature film, Elizabeth Banks ("Charlie's Angels," "Movie 43") tries her hand at the horror genre, but with a campy comedic flair. Ray Liotta plays agitated cocaine kingpin Syd White, who sends two of his cronies into the forest to find duffels of cocaine that have gone missing. Meanwhile, a bear in the forest has long since discovered and ingested the cocaine, running rampant around the forest and attempting to kill everyone in sight. Keri Russell gives an admirable performance as concerned mom Sari, while Margo Martindale plays a hilarious park ranger named Liz. The film is dedicated to Liotta, who passed away almost a year before its theatrical release. Out now. (Peacock)

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Contract Bridge

REWARD FOR GOOD BEHAVIOR

South dealer.
Neither side vulnerable.

NORTH

♠ K 6 3
♥ J 9 8 2
♦ A Q 7
♣ 10 5 2

WEST

♠ 10 8 7 4
♥ 7 3
♦ 10 9 8 2
♣ K J 3

EAST

♠ A Q 9 5
♥ 10 5
♦ J 5 4
♣ 9 8 7 6

SOUTH

♠ J 2
♥ A K Q 6 4
♦ K 6 3
♣ A Q 4

The bidding:

South	West	North	East
1♥	Pass	2♥	Pass
4♥			

Opening lead — ten of diamonds.

Luck plays a substantial role in the outcome of many deals, but some poor results attributed to bad luck could be more accurately ascribed to bad management.

Take this deal where West leads a diamond against four hearts, taken by dummy's queen. South cashes the K-A of trump and A-K of diamonds, then leads a low spade to the king. East wins with the ace and returns the nine of clubs, won by West with the jack. Back comes a spade to East's queen, and when East returns another club, South finesses again and goes

down one.

Of course, declarer is unlucky to find the ace of spades and K-J of clubs all badly placed. Furthermore, it would not have helped him to attack clubs first. He would have run into the same dead end and gone down one against best defense.

While there is no way to assure the contract against every possible lie of the cards, South can increase his chances considerably by playing the spades differently. After drawing trump and cashing the top diamonds, he should lead a low spade from dummy toward his J-2.

This approach pays handsome dividends. East goes up with the queen of spades and returns a club. South plays low and is now certain to make the contract. West takes his jack of clubs but cannot return a club or a diamond without handing declarer a trick. And if he leads a spade, East takes the ace, but dummy's king then provides a parking place for the queen of clubs.

The advantage of the low spade lead from dummy is that it guarantees the contract if East has the queen. Even if West has the queen, South still gets home safely if West has the ace of spades or East the king of clubs. The recommended play thus gives declarer an extra chance to make the contract by making use of the potential positional value of the jack of spades instead of treating it as a worthless card.

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

Here's a copy of the alphabet to guide you:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

X I B U L J O E P G N P O L F Z D B O G M Z ?

B I P U B J S C B C P P O .

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Finding the Cause Behind Emphysema; Ways to Minimize It

DEAR DR. ROACH: I am male, age 65. I exercise regularly. A shortness of breath led me to get a chest X-ray, which showed that I have emphysema. I smoked for 10 years, but quit 33 years ago. As an avid runner, this revelation was perplexing and depressing.

Is it possible that other factors contributed to me getting emphysema, and how do I minimize this disease, if possible? -- T.W.

ANSWER: Emphysema is most often caused by smoking in North America or by cooking fires in many parts of the world. The exact type of emphysema you have can help tell what caused it, but that usually requires a biopsy, which is generally unnecessary for a diagnosis or treatment.

Although X-rays and CT scans can help with the diagnosis, the definitive study is the pulmonary function test. For this test, you must breathe in and out for more times and in more ways than you ever thought was possible with a respiratory technician and a lot of machines. (When I was a fourth-year medical student, I had my own PFTs done as a learning experience -- thank you, Dr. Julian Solway -- and have respect for how hard they are to perform correctly.)

Besides smoke exposure, another cause is the genetic Alpha-1 antitrypsin deficiency, which can affect the liver as well. This diagnosis is made by blood testing and confirmed by DNA testing through a genetic counselor. I always consider this diagnosis in a person with emphysema who is a nonsmoker or has minimal smoking history. If you do have AAT deficiency,

there may be other treatments available, but specific treatment requires special expertise.

Regardless of the cause behind your emphysema, you have already made the most important change by quitting smoking. Avoiding second-hand smoke and other lung irritants is important, too.

There are no treatments to reverse emphysema, but many can improve symptoms. These include medication (such as inhalers), pulmonary rehabilitation and oxygen in people with emphysema that is severe enough to cause low blood oxygen levels. Most people who quit smoking have a very slow progression of the disease. However, it's important to quit smoking as soon as possible so that there is enough reserve lung function.

DEAR DR. ROACH: I am a very healthy 74-year-old woman. I don't take any medications other than a Prolia injection twice a year. I recently started taking 20g of grass-fed collagen peptides powder, which contains all kinds of amino acids. Will this benefit my hair, skin, nails and joints, as the label suggests? -- S.H.

ANSWER: I'd like to tell you it will help, but there isn't a lot of evidence it does. My anecdotal experience has shown me that only a few people get benefit.

It is true that deficiency of amino acids can lead to poorly grown skin and nails, but it's not at all clear that giving extra collagen will help people who have a healthy diet.

Just to put things in perspective, 1 cup of chicken or beef stock contains about 10 g of collagen, which your body then breaks down into amino acids. I'm guessing that would be less expensive than the supplement.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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SENIOR NEWS LINE

by Matilda Charles

Wrapping up the End of the Year

The end of the year is a perfect time to review where we've been in 2023 and gather some ideas about how we might do things differently next year. Saving money is at the top of many to-do lists now, especially for entertainment and groceries.

Look at all your streaming services to see which ones you might be willing to stop using. Make calls to the cellphone services around you and see who has good deals, likely with bundling. Phone plans for seniors generally have a lower cost. A surprise for me: I recently changed cellphone companies. Since I was bringing my own phone number and did not want a deal to buy a phone, I was given a \$200 promo gift card to spend anywhere.

Consider the money you could save with a store affinity account. At my local grocery store, I typically accrue \$5-10 per quarter just for buying the store brand and using the coupons offered.

On Walmart Plus, I often earn \$3-\$4 each time I place online orders for free delivery to my home because of the deals and discounts that pop up on the screen. Additional Plus benefits include travel, video streaming, 10 cents per gallon saved at several gas stations and more. The first 30 days are free to try the service, with a whole year costing \$98. If you're on SNAP, Medicaid or other programs, your cost would be half that.

Take a look at "500 Great Ways to Save for Dummies" by AARP. The book is on Amazon, both in paperback and for a Kindle e-reader, as well as thousands of other places online. This book might be one you want to keep for a long time. You can also ask your library or senior center if they will purchase the book to keep on the shelves.

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1. Who wrote and released "I Can See Clearly Now"?
2. What was Billy Paul's only No. 1 single?
3. What are the names of the Bee Gees brothers? Which one was never part of the musical group?
4. Who released "Do You Really Want to Hurt Me"?
5. Name the song that contains this lyric: "Lonely rivers flow to the sea, to the sea, To the open arms of the sea, yeah. Lonely rivers sigh wait for me, wait for me."

Answers

1. Johnny Nash, in 1972. The reggae sounds are likely due to Nash having worked with reggae master Bob Marley.
2. "Me and Mrs. Jones," in 1972. Legend says that when Paul served in the Army, he was stationed with Elvis Presley. He tried to get Presley to join a music group he was forming, and Presley turned him down, preferring to be a chauffeur.
3. The brothers were Barry, Robin, Maurice and Andy. Baby Andy was born after the group was already active.
4. Culture Club, in 1982.
5. "Unchained Melody," by The Righteous Brothers. In 1965, it was released as the B-side to "Hung On You" but DJs preferred to play "Unchained Melody."

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Puzzles4Kids

Answer

A hot air balloon.

What kind of monkey can fly?

Daffodils With A Difference

By MELINDA MYERS

There are so many reasons to love daffodils. These spring-blooming bulbs aren't fussy about where they are planted. They come back to bloom again year after year and are not bothered by deer, rabbits, or other garden pests. But there's also a whole world of beautiful daffodils beyond the classic yellow ones. Daffodils are available in unusual flower styles and unexpected colors that can bring a whole new look to spring gardens.

Get an early start on next year's daffodil season with Barrett Browning, a variety with pure white petals and brilliant red-orange trumpets. It is an excellent choice for naturalizing. Pink Charm also boasts white petals but has a large coral-pink trumpet with ruffled edges. It is considered one of the best pink daffodils and is known for its vigor and reliability.

Add eye-catching color with the dependable heirloom Red Devon's brilliant yellow petals and flashy orange cups. For a more subtle approach choose the pastel hues of British Gamble. Its white petals are a perfect backdrop for the ruffled peachy-pink trumpet on these enormous, 5" blossoms.

Change the shape of things with some split trumpet daffodils. Cassata is a strong grower with a ruffled lemon-yellow cup that lies almost flat against broad white petals. Cum Laude

boasts big, bright, extra frilly flowers with peachy accents. Lemon Beauty's flowers feature pure white petals, and its split trumpet resembles a bright yellow star.

Double daffodils add elegance to gardens and spring floral arrangements. They also stretch the season by blooming several weeks later than most other types. La Torch's upward-facing fragrant double flowers are a mix of yellow petals and bright orange ruffles. Delnashaugh is a late-blooming double with layers of pure white petals interspersed with apricot-pink ruffles. Lingerie's extra-large blooms have thickly ruffled centers of white and golden yellow petals.

Some daffodils produce a bouquet of blossoms on each stem. Pueblo grows just twelve inches tall, and its primrose yellow flowers gradually fade to creamy white. Beautiful Eyes has two to three flowers per stem, with white petals, bright orange cups and a gardenia-like fragrance.

Take it down in size by planting a few miniature daffodils. Tuck them into rock gardens, under shrubs, along paths, in containers, and mix them with other spring flowering bulbs and perennials. Tete a Tete has perky, bright yellow blossoms and grows just 7" tall. Tete Boucle is similar in size, but its double flowers display layers of yellow, gold, and green petals.

Jet Fire is another outstanding miniature daffodil. It has bright orange trumpets and golden yellow swept-back petals and is a great small-scale naturalizer in the landscape. Minnow is an adorable little gem with pale-yellow petals and bright yellow trumpets. Sundisc's petite flowers have pale yellow petals and an almost flat, deep yellow trumpet. Miniature daffodils are a particularly good choice for perennials gardens, where they won't overwhelm neighboring plants.

For more on these and other unique daffodils, see Longfield Gardens Types of Daffodils to Know and Grow. With so many daffodil varieties to choose from, you are sure to find new ways to add spring beauty to your yard and gardens.

Melinda Myers has written more than 20 gardening books, including the recently released "Midwest Gardener's Handbook, 2nd Edition" and "Small Space Gardening." She hosts The Great Courses "How to Grow Anything" DVD instant video series and the nationally syndicated Melinda's Garden Moment TV & radio program.

Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Longfield Gardens for her expertise to write this article. Her website is www.MelindaMyers.com.



LATE-BLOOMING DELNASHAUGH double daffodil has showy layers of pure white petals coupled with apricot-pink ruffles. Photo Courtesy Longfield-Gardens.com

A Park Ranger's Guide To Adams National Historical Park Saturday

From the sweet little farm at the foot of Penn's Hill to the gentleman's country estate at Peace field, Adams National Historical Park is the story of "heroes, statesmen, philosophers ... and learned women" whose ideas and actions helped to transform thirteen disparate colonies into one united nation.

The public is invited to learn about this National

Historical Park and how to get involved with the National Parks Service on Saturday, Sept. 23, from 11 a.m. to 12 noon.

Special guest Supervisory Park Ranger Jessica Pilkington will lead this presentation.

Pilkington has worked as an Interpreter for the National Park Service for 16 years. She has worked at Boston National Historical

Park, Cape Cod National Seashore, and is currently the Supervisory Park Ranger at Adams National Historical Park. She has always loved history and relishes the opportunity to share these important stories with everyone around her.

For more information visit the Thomas Crane Public Library's online Events Calendar.

Lincoln Hancock Community School
presents
TOUCH A '23 TRUCK

SEPT 23 Saturday 11am - 3pm
307 Water St.

Emergency Vehicles - Food Trucks - Raffles - Inflatables - Music - Dunk Tank - Claw Machine - Snow Cones - Face Paint

BOCCE TOURNAMENT
Saturday, Sept 23rd - 11:00 AM
South Quincy Social Club
252 (Rear) Washington Street, Quincy

Bring a full team of 4 players! Or come as a single and join a team!

50/50 & Raffles

Music by DJ

TO BENEFIT THE ELLIE FUND

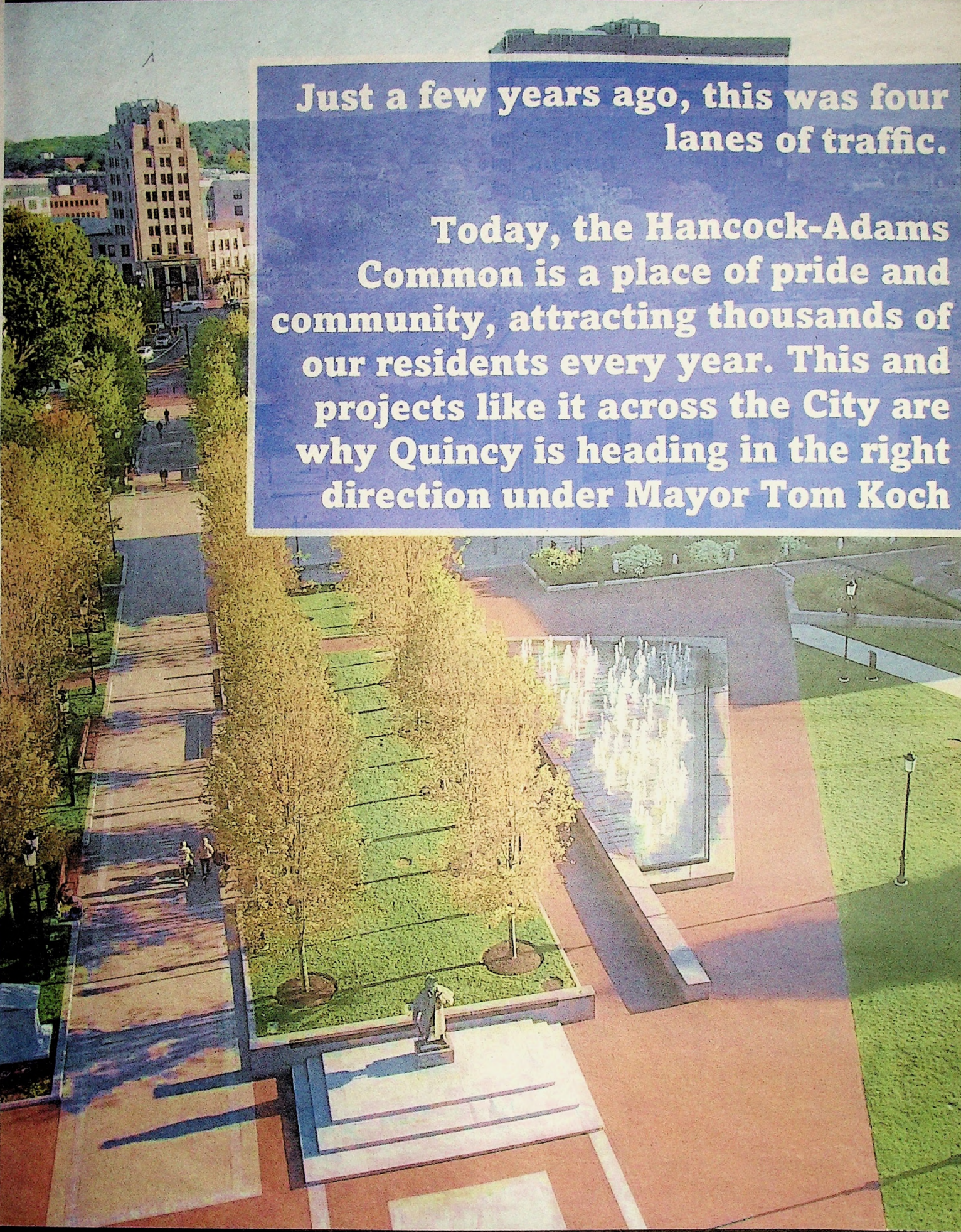
\$20 per player. Donation includes lunch. Bar is cash-only.
For more information and to pre-register, contact:

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MJG51185@gmail.com



**Just a few years ago, this was four
lanes of traffic.**

**Today, the Hancock-Adams
Common is a place of pride and
community, attracting thousands of
our residents every year. This and
projects like it across the City are
why Quincy is heading in the right
direction under Mayor Tom Koch**

It Matters Who The Mayor Is



Paid For By The Committee To Elect Tom Koch